



Week 99 Meal Plan

EATING on a DIME

Monday



Lemon Chicken Orzo

Tuesday



Baked Chicken Thighs

Wednesday



Crock Pot Rigatoni

Thursday



Beef and Rice

Friday



Baked Tilapia

Breakfast



Cottage Cheese Egg Bites

Dessert



Banana Cookies

Shopping List

PROTEIN

- 1 1/2 lbs. boneless, skinless chicken breasts
- 12 chicken thighs, skin on with bones
- 1 lb. ground Italian sausage
- 1 lb. lean ground beef
- 6 tilapia filets
- 10 large eggs

DAIRY

- 1 cup heavy cream
- 1/2 cup grated parmesan cheese
- 8 oz. shredded mozzarella cheese
- 1 cup shredded cheddar cheese
- 1 cup cottage cheese
- 1/2 cup unsalted butter

PRODUCE

- 1 onion
- 1 tbsp. & 3 tsp. minced garlic
- 3 cups fresh spinach
- 1 lemon
- 1 medium onion
- 1 bell pepper
- 1 cup frozen peas & carrots mix
- chopped fresh parsley
- 1 red bell pepper
- 2 green onions
- 1 cup mashed ripe bananas

CANNED GOODS

- 1 16-pz. can petite diced tomatoes
- 1 8-oz. can tomato sauce
- 1 14.5-oz. can diced tomatoes

SEASONING

- 4 1/4 tsp. salt
- 2 1/2 tsp. black pepper
- 4 tsp. Italian seasoning
- 2 tsp. paprika
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 2 tsp. dried oregano
- 1 tsp. dried thyme leaves
- 1 tsp. smoked paprika
- 3 tsp. lemon pepper seasoning
- 1/2 tsp. ground cinnamon

PANTRY STAPLES

- 4 tbsp. olive oil
- 1 cup orzo pasta
- 2 cups chicken broth
- 16 oz. pkg. rigatoni
- 4 cups beef broth
- 1 cup long-grain white rice
- 1/2 cup granulated sugar
- 1/2 cup brown sugar
- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1 cup chocolate chips