



Week 108 Meal Plan

EATING on a DIME

Monday



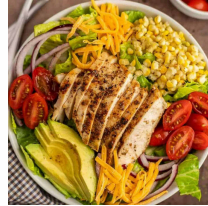
Fish Tacos

Tuesday



Taco Salad

Wednesday



Grilled Chicken Salad

Thursday



Shish Kabobs

Friday



Hawaiian Pork Chops

Breakfast



Fruit and Yogurt Parfait

Dessert



Mini Cheesecake Bites

Shopping List

PROTEIN

- 24 oz. filets of cod, tilapia, & halibut
- 1 lb. lean ground beef
- 2 chicken breasts
- 1 1/2 lbs. beef sirloin
- 6 boneless pork chops
- 1 large egg

DAIRY

- 1/2 stick of butter
- 1 cup grated Cotija cheese
- 1 1/4 cups sour cream
- 1 cup shredded cheddar cheese
- 32 oz. plain yogurt
- 3 tbsp. unsalted butter
- 8 oz. cream cheese

PRODUCE

- 4 limes
- 1/2 head red cabbage
- 3 avocados
- 2 roma tomatoes
- 1 red onion
- 1/2 bunch cilantro
- 10 cups chopped romain lettuce
- 1 cup grape tomatoes
- 2 cups chopped cherry tomatoes
- 1 corn on the cob
- 1 lemon
- 1 large red onion
- 1 red bell pepper
- 1 yellow bell pepper
- 2 tsp. minced garlic
- 12 fresh strawberries
- 1 1/2 cups fresh blueberries
- 1 1/2 cups fresh raspberries

SEASONING

- 2 tsp. chili powder
- 3 1/2 tsp. garlic powder
- 3 tsp. salt
- 2 tbsp. taco seasoning
- 2 1/4 tsp. black pepper
- 1/2 tsp. dried oregano
- 1/4 cup Worcestershire sauce
- 2 tsp. Italian seasoning
- 1/4 tsp. ground ginger
- 1 tsp. vanilla extract
- 1/4 tsp. kosher salt

CANNED GOODS

- 1 cup black beans
- 1 15-oz. can pineapple slices

BAKERY

- 24 corn tortillas

PANTRY STAPLES

- 3/4 cup & 3 tbsp. olive oil
- 1/3 cup mayonnaise
- 2 tsp. sriracha sauce
- 3/4 cup salsa
- 2 cups tortilla chips
- 1/2 cup red wine vinegar
- 3/4 cup soy sauce
- 1/4 cup ketchup
- 1/4 cup light brown sugar
- 1 tbsp. cornstarch
- 2 tbsp. cold water
- 4 tbsp. honey
- 1 1/2 cups granola
- 1 1/2 cups graham cracker crumbs
- 1 3/4 tbsp. granulated white sugar