



Week 109 Meal Plan

EATING on a DIME

Monday



Apricot Chicken

Tuesday



Air Fryer
Chicken Parmesan

Wednesday



Beef Tacos

Thursday



Italian Sausage Pasta

Friday



Tuna Salad

Breakfast



Baked Eggs

Dessert



Strawberry Cake

Shopping List

PROTEIN

- 12 boneless chicken thighs
- 2 chicken breasts
- 1 pound ground beef
- 1 lb ground Italian sausage
- 4 cans tuna packed
- 12 eggs

DAIRY

- 1 cup mozzarella cheese
- 1/3 cup Parmesan cheese

PRODUCE

- 1 1/2 onions
- 1 rib celery
- 1/4 cup red onion
- 4 cloves garlic
- 1 lemon
- Fresh basil leaves
- 2 teaspoons fresh dill

SEASONING

- 2 1/2 teaspoons salt
- 1 3/4 teaspoons black pepper
- 2 teaspoons ground ginger
- 1 tablespoon taco seasoning
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder

CANNED GOODS

- 2 cans crushed tomatoes

BAKERY

- 1 cup panko breadcrumbs

PANTRY STAPLES

- 2 cups apricot preserves
- 4 tablespoons soy sauce
- 2 tablespoons Dijon mustard
- 1/4 cup salsa
- 1 pound penne pasta
- 2/3 cup mayonnaise
- 2 tablespoons sweet pickle relish
- Olive oil spray
- 1 box strawberry cake mix
- 1 can Sprite
- 3 cups marinara sauce
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