



Week 110 Meal Plan

EATING on a DIME

Monday



One Pot Chicken Pesto Pasta

Tuesday



Taco Spaghetti

Wednesday



Hamburger Hash

Thursday



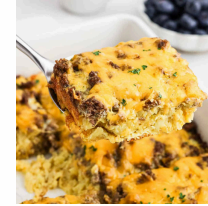
Southwest Crock Pot Chicken and Rice

Friday



Chicken Broccoli Stir Fry

Breakfast



Tater Tot Breakfast Casserole

Dessert



Key Lime Pie

Shopping List

PROTEIN

- 2 lbs. boneless, skinless chicken breasts
- 2 lbs. ground beef
- 4 chicken breasts
- 1 lb. hot breakfast sausage
- 12 large eggs
- 4 large egg yolks

CANNED GOODS

- 2 10-oz. cans diced tomatoes w/ green chilies
- 1 can black beans
- 1 can corn

PRODUCE

- 1 yellow onion
- fresh cilantro
- 1 32-oz. bag frozen diced hashbrowns
- 3 tsp. minced garlic
- 1/2 onion
- 4 cups broccoli florets
- 1 small yellow onion
- 1 28-32-oz. bag frozen tater tots
- 1 cup fresh key lime juice
- 4 tsp. grated key lime zest
- lime slices, for serving

DAIRY

- 2 cups heavy cream
- 1/4 cup grated parmesan cheese
- 3 cups shredded cheddar cheese

SEASONING

- 1 tsp. Italian seasoning
- 2 3/4 tsp. salt
- 2 3/4 tsp. black pepper
- 1 1-oz. pkt. & 1 tbsp. taco seasoning
- 1 tsp. paprika
- 1/4 tsp. ground ginger
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder

- 1 1/2 cups milk
- 2 cups shredded sharp cheddar cheese
- 6 tbsp. unsalted butter
- 28 oz. sweetened condensed milk

PANTRY STAPLES

- 2 tbsp. olive oil
- 8 oz. penne pasta
- 2 1/2 cups chicken broth
- 1/4 cup sun dried tomatoes
- 1/2 cup basil pesto
- 8 oz. spaghetti noodles
- 4 1/6 cups water
- 2 tbsp. vegetable oil
- 3 cups cooked white rice
- 1/4 cup soy sauce
- 2 tbsp. brown sugar
- 2 tbsp. cornstarch
- 1 tbsp. sesame oil
- 1 1/2 cups graham cracker crumbs
- 1/3 cup granulated sugar
- 3 tbsp. powdered sugar
- 1/2 tsp. vanilla extract