



Week 111 Meal Plan

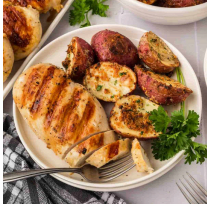
EATING on a DIME

Monday



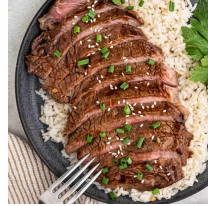
Grilled
Pork Chops

Tuesday



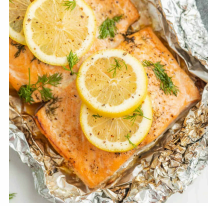
Grilled
Chicken Breasts

Wednesday



Grilled Teriyaki
Steak

Thursday



Grilled Salmon
in Foil

Friday



Grilled Chicken
Drumsticks

Breakfast



Sheet Pan
Eggs

Dessert



Chocolate Sheet Cake
w/ Chocolate Frosting

Shopping List

PROTEIN

- 4 bone-in pork chops
- 3 lbs. chicken breasts
- 4 sirloin steaks
- 1 1/2 lbs. salmon filets
- 2 lbs. chicken drumsticks
- 20 large eggs

SEASONING

- 4 3/4 tsp. salt
- 3 1/4 tsp. black pepper
- 1 tsp. garlic salt
- 1 1/2 tsp. onion powder
- 1/2 tsp. ground ginger
- 1 tsp. garlic powder
- 1 tsp. chili powder

PRODUCE

- 4 tsp. minced garlic
- 1 small bunch fresh dill
- 1 lemon
- 1/2 cup red bell peppers

DAIRY

- 1 cup & 2 tbsp. butter
- 1/3 cup milk
- 1/2 cup shredded cheddar cheese
- 1/2 cup buttermilk
- 1 cup unsalted butter
- 3-4 tbsp. heavy whipping cream

PANTRY STAPLES

- 1/4 cup & 4 tbsp. olive oil
- 1/4 cup apple cider vinegar
- 1/4 cup brown sugar
- 1/2 cup low-sodium soy sauce
- 1/4 cup rice wine vinegar
- 1/4 cup honey
- 5/6 cup unsweetened cocoa powder
- 1 cup water
- 2 cups all-purpose flour
- 2 cups granulated sugar
- 1 tsp. baking soda
- 4 tsp. vanilla extract
- 3 cups confectioner's sugar