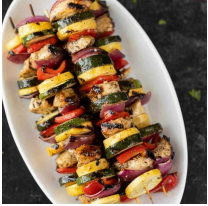




Week 113 Meal Plan

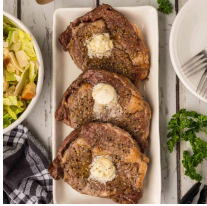
EATING on a DIME

Monday



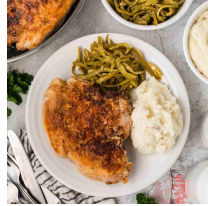
Grilled
Chicken Kabobs

Tuesday



Air Fryer
Steak

Wednesday



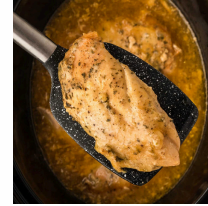
Skillet
Pork Chops

Thursday



Blackened
Shrimp Tacos

Friday



Crockpot Ranch
Chicken

Breakfast



Cake Mix
Waffles

Dessert



Chocolate
Cream Pie

Shopping List

PROTEIN

- 1 lb. boneless chicken breasts
- 3 sirloin steak (1-in. thick)
- 4 bone-in pork chops (1-in. thick)
- 1 1/2 lbs. raw shrimp
- 2 lbs. boneless, skinless chicken breasts
- 6 large egg yolks

DAIRY

- 7 tbsp. unsalted butter
- 1 cup crumbled cojita cheese
- 1 stick of butter
- 2 1/2 cups whole milk
- 6 tbsp. salted butter
- 1 cup heavy whipping cream

PRODUCE

- 1 tbsp. minced garlic
- 1 red onion
- 1 zucchini
- 1 yellow squash
- 1 red bell pepper
- 1 lemon
- 2 cloves garlic
- 2 cups coleslaw mix
- 3 green onions
- 1/2 cup fresh cilantro

SEASONING

- 1 tsp. Italian seasoning
- 2 1/2 tsp. salt
- 1 1/2 tsp. black pepper
- 1 tbsp. steak seasoning
- 1 tsp. dried rosemary
- 1 1/2 tsp. garlic powder
- 1 1/2 tsp. onion powder
- 2 tsp. paprika
- 1/4 tsp. cayenne pepper
- 1/4 tsp. oregano
- 1 packet dry ranch mix

BAKERY

- 12 6-inch corn tortillas

PANTRY STAPLES

- 1/4 cup extra virgin olive oil
- 1/4 cup & 1 tsp. red wine vinegar
- 2 tsp. honey
- 3 tbsp. olive oil
- 1/4 cup all-purpose flour
- 2 tbsp. avocado oil
- 1/4 cup mayonnaise
- 1 tsp. Dijon mustard
- 1/3 cup & 2 tsp. granulated sugar
- 1/2 cup chicken broth
- 1 cake mix (any flavor and the ingredients needed for it)
- 24 Oreo cookies
- 2 tbsp. cornstarch
- 8 oz. high-quality semi-sweet chocolate chips
- 3 tsp. vanilla extract
- 2 tbsp. powdered sugar