



Week 114 Meal Plan

EATING on a DIME

Monday



Taco Rice Bowls

Tuesday



Chipotle Chicken Bowls

Wednesday



Teriyaki Chicken Bowls

Thursday



Korean Beef Bowls

Friday



Slow Cooker Chicken Burrito Bowl

Breakfast



Cracker Barrel Pancakes

Dessert



Cinnamon Bundt Cake

Shopping List

PROTEIN

- 3 lbs. ground beef
- 1 1/2 lbs. boneless, skinless chicken thighs
- 1 lb. chicken breasts
- 2 boneless, skinless chicken breasts
- 6 large eggs

CANNED GOODS

- 1 15-oz. can santa fe corn
- 3 15-oz. cans black beans
- 2 tbsp. chipotle peppers in adobo sauce
- 1 cup corn kernels
- 1 14.5-oz. can diced tomatoes

PRODUCE

- 1 onion
- 2 Roma tomatoes
- 1 avocado
- 3 fresh limes
- 4 tbsp. lime juice
- 2 tbsp. & 2 tsp. minced garlic
- 1 cup pico de gallo

- 1 cup guacamole
- 3/4 cup fresh cilantro
- 1 red bell pepper
- 2 cups broccoli florets
- 1/2 red onion
- 4 green onions
- 1 tsp. fresh grated ginger
- 1 cup frozen corn kernels

PANTRY STAPLES

- 1 pkg. cilantro lime rice
- 1/4 cup salsa
- 1/4 cup olive oil
- 1/4 cup & 1 tbsp. honey
- 1 cup long-grain white rice
- 3 cups water
- 1 tbsp. & 2 tsp. sesame oil
- 2 cups cooked rice
- 3 tsbp. cornstarch
- 1/4 cup brown sugar
- 1 15.25-oz. yellow cake mix

- 1 cup low-sodium chicken broth (more if needed)
- 1 1/4 cup soy sauce
- 1/2 cup chicken broth
- 3 tbsp. rice vinegar
- 3 cups cooked brown rice
- 2 cups all-purpose flour
- 2 tsp. baking soda
- 2 tbsp. granulated sugar
- 1 3.4-oz. pkg. vanilla instant pudding

- 3/4 cup vegetable oil
- 2 tsp. vanilla extract
- 1/3 cup light brown sugar
- 2 cups powdered sugar

DAIRY

- 1/2 cup sour cream
- 2 1/2 cups shredded cheddar cheese
- 2 cups low-fat buttermilk 1% or less
- butter (for cooking)
- 1/4 cup milk

SEASONING

- 3 tbsp. taco seasoning
- 1 tsp. ground cumin
- 1 tsp. dried oregano
- 3 1/4 tsp. salt
- 1 tsp. black pepper
- 1 1/2 tbsp. sesame seeds
- 1/4 tsp. ground ginger
- 2 tsp. cinnamon