



Week 115 Meal Plan

EATING on a DIME

Monday



Smothered Chicken

Tuesday



Honey Chicken

Wednesday



Beef Teriyaki

Thursday



Slow Cooker Pork Roast

Friday



Lemon Garlic Shrimp Pasta

Breakfast



Easy Fruit Smoothie

Dessert



Blueberry Cobbler

Shopping List

PROTEIN

- 2 strips thick-cut bacon
- 2 large boneless, skinless chicken breasts
- 1 lb. chicken breasts
- 2 lbs. flank steak
- 3 lbs. pork roast
- 1 lb. large shrimp

SEASONING

- 1 tsp. garlic powder
- 1 tsp. onion powder
- 2 tsp. Italian seasoning
- 1/2 tsp. paprika
- 2 3/4 tsp. salt
- 2 1/2 tsp. black pepper
- 1/4 tsp. crushed red pepper flakes
- 1/4 tsp. ground cinnamon

PRODUCE

- 1/4 cup minced garlic
- 3 tbsp. fresh lemon juice
- 4 carrots
- 1/2 onion
- 1 lemon
- 1/4 cup fresh parsley
- 1 cup frozen fruit
- 4 cups fresh/frozen blueberries
- 1 tsp. lemon zest

DAIRY

- 18 tbsp. butter
- 1/3 cup heavy cream
- 1/4 cup grated parmesan cheese
- 1/2 cup yogurt (regular or greek)
- 1 cup whole milk

PANTRY STAPLES

- 1 1/2 cups & 3 tbsp. all-purpose flour
- 6 cups chicken broth
- 2/3 cup & 3 tbsp. cornstarch
- 4 tbsp. olive oil
- 1/3 cup honey
- 1/2 cup & 2 tbsp. soy sauce
- 2 tbsp. avocado oil
- 1/2 tsp. sesame oil
- 1/4 cup brown sugar
- 1 1/12 cups water
- 1 tbsp. rice vinegar
- 12 oz. linguine pasta
- 1 cup ice
- 1 1/2 cup granulated sugar
- 1 1/2 tsp. baking powder
- 1/2 tsp. vanilla extract