



# Week 1 Meal Plan

EATING on a DIME

## Monday



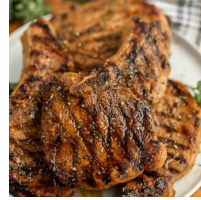
Crack Chicken Foil Packets

## Tuesday



Crock Pot Chipotle Chicken Tacos

## Wednesday



Grilled Pork Chop Marinade

## Thursday



Crock Pot Cashew Chicken

## Friday



Crescent Roll Pizza

## Breakfast



Blueberry Muffin

## Dessert



Raspberry Thumbprint Cookies

## Shopping List

### PROTEIN

- 11 boneless, skinless chicken breasts
- 8 slices bacon
- 4 bone-in pork chops
- 25 slices pepperoni
- 1 large egg
- 1 large egg yolk

### DAIRY

- 4 tbsp. butter
- 4 oz. cream cheese
- 2 1/4 cups cheddar cheese
- 1 cup mozzarella cheese
- 1/3 - 1/2 cup milk
- 1 cup unsalted butter

### PRODUCE

- 1 1/2 lbs. baby potatoes
- 1/2 white onion
- 5 2/3 tsp. garlic
- 1 fresh lime
- 1/4 cup cilantro
- 1 avocado
- 2 cups broccoli florets
- 1 red bell pepper
- 4 green onions
- 6-8 oz. fresh/frozen blue berries

### BREAD/BAKERY

- 12-20 corn tortillas
- 1 can crescent rolls

### CANNED GOODS

- 1 tbsp. adobo sauce from small can of chipotle peppers
- 1/2 cup pizza sauce
- 1/3 cup Raspberry Jam or Preserves (or Strawberry or Apricot)

### PANTRY STAPLES

- 1/2 cup olive oil
- 5 tbsp. soy sauce
- 2 tbsp. brown sugar
- 6 tsp. cornstarch
- 1/3 cup chicken broth
- 4 tbsp. Hoisin sauce
- 2 tbsp. rice vinegar
- 3/4 cup unsalted cashew halves
- 2 tbsp. Worcestershire sauce
- 5 1/2 cup & 4 tbsp. granulated sugar

### SEASONING

- 1 tsp. salt
- 1 tsp. ground ginger
- 2 tsp. cumin
- 2 tsp. dried oregano
- 1/2 tsp. black pepper
- 1 tbsp. ancho chili powder
- 1 packet Ranch Seasoning Mix
- 1/2 tsp. sesame oil
- 1 tbsp. sesame seeds
- Non-stick spray
- 2 3/4 cup all-purpose flour
- 2 tsp. baking powder
- 1/3 cup vegetable oil
- 2 1/2 tsp. vanilla extract