



Week 10 Meal Plan

EATING on a DIME

Monday



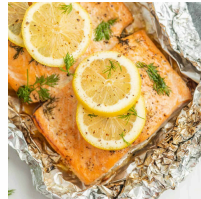
Crock Pot
Pepper Steak

Tuesday



Walking Tacos

Wednesday



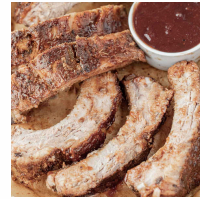
Grilled Salmon
in Foil

Thursday



Pizza Cupcakes

Friday



Slow Cooker
Baby Back Ribs

Breakfast



Greek Yogurt
Pancakes

Dessert



Ice Cream Cake

Shopping List

PROTEIN

- 1.5 lbs. round steak
- 2 lbs. ground beef
- 1.5 lbs. salmon filets
- mini pepperonis
- 3 lbs. baby back pork ribs
- 2 large eggs

DAIRY

- shredded cheese
- sour cream
- 3 tbsp. butter
- 1 cup mozzarella cheese
- 1/4 cup of milk
- 1 5.3-oz. container of Greek Yogurt
- 12 ice cream sandwiches
- 1 8-oz. container Cool Whip

PRODUCE

- 1 green bell pepper
- 1 red bell pepper
- 1/2 onion
- shredded lettuce
- diced tomatoes
- diced onion
- 1 small bunch fresh dill
- 1 lemon
- 2 tsp. minced garlic

CANNED GOODS

- 1/2 cup salsa
- beans

SEASONING

- 1/2 tsp. ground ginger
- 1 1/2 tsp. garlic powder
- 1 3/4 tsp. black pepper
- 2 tbsp. taco seasoning
- 1 tsp. salt
- 1 tsp. paprika
- 1 tsp. onion powder
- 1 tsp. chili powder
- 1 tsp. cumin

BREAD/BAKERY

- 2 7.5-oz. cans of biscuits

PANTRY STAPLES

- 1 1/2 cups beef broth
- 1/4 cup soy sauce
- 1 tbsp. brown sugar
- 2 tbsp. cornstarch
- 1 cup & 2 tbsp. water
- 8 single serve bag Doritos
- 1 cup pizza sauce
- 1 tbsp. brown sugar
- 3/4 cup BBQ sauce
- 1 tsp. baking powder
- 3/4 cup all-purpose flour
- chocolate syrup
- caramel syrup