



Week 11 Meal Plan

EATING on a DIME

Monday



Copycat
Chick-fil-A Nuggets

Tuesday



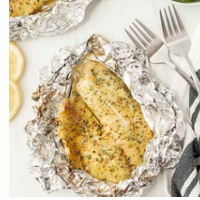
Taco Rice Bowl

Wednesday



Crock Pot Meat Loaf

Thursday



Lemon Pepper
Grilled Tilapia

Friday



Beef and Noodles

Breakfast



Air Fryer Donuts

Dessert



Grilled Watermelon

Shopping List

PROTEIN

- 2 boneless, skinless chicken breasts
- 3 large eggs
- 3 lbs. ground beef
- 6 tilapia filets
- 1.5 lb. beef roast

PRODUCE

- 1 onion
- 2 Roma tomatoes
- 1 avocado
- 3 limes
- 2 cilantro
- 2-3 lbs. seedless watermelon

SEASONING

- 1 tsp. paprika
- 2 tsp. pepper
- 1 1/2 tsp. salt
- 2 tbsp. taco seasoning
- 3 tsp. lemon pepper seasoning
- 2 bay leaves
- 1/2 tsp. dried thyme leaves
- 1 tsp. Kosher salt

CANNED GOODS

- 1/4 cup salsa
- 1 15-oz. can Santa Fe corn
- 1 15-oz. can black beans

PANTRY STAPLES

- 1 cup dill pickle juice
- 1 cup all-purpose flour
- 1 tbsp. confectioners' sugar
- peanut oil or canola oil
- 1 pack cilantro lime rice
- 1 tbsp. cornstarch
- 2/3 cup quick cooking oats
- 1 pack dry onion soup mix
- 1/2 cup ketchup
- 1 tbsp. olive oil
- 3 cups beef broth

BREAD/BAKERY

- 1 8- count can Jumbo Flakey Biscuits

DAIRY

- 1 cup milk
- 5 tbsp. butter
- crumbled Feta cheese