



Week 8 Meal Plan

EATING on a DIME

Monday



Instant Pot Honey Bourbon Chicken

Tuesday



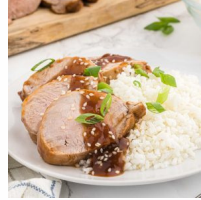
Crock Pot Steak Fajitas

Wednesday



Spaghetti Pie

Thursday



Crock Pot Teriyaki Pork Tenderloin

Friday



Crock Pot Huli Huli Chicken

Breakfast



Starbucks Egg Bites

Dessert



Banana Bread Brownies

Shopping List

PROTEIN

- 7 boneless, skinless chicken breasts
- 2 lbs. round steak
- 10 large eggs
- 1 lb. ground beef
- 2 lbs. pork tenderloin
- 4 slices bacon

PRODUCE

- 5 tsp. minced garlic
- 2 tbsp. dried minced onion
- 1/8 tsp. ground ginger
- 1 red bell pepper
- 1 green pepper
- 1 cup onion
- green onion
- 3 ripe bananas

SEASONING

- 2 tbsp. taco seasoning
- 1/2 cup soy sauce
- 1/2 tsp. ground ginger
- 3/4 tsp. salt
- 1/4 tsp. pepper

DAIRY

- 7/8 cup butter
- 1/3 cup parmesan cheese
- 1 cup ricotta cheese
- 1/2 cup mozzarella cheese
- 1 cup cottage cheese
- 1 cup shredded gruyere cheese
- 1 cup sour cream
- 1/4 cup milk

PANTRY STAPLES

- 1 1/2 cup teriyaki sauce
- 1 1/2 cup chicken broth or bourbon
- 2 tbsp. honey
- 1 cup brown sugar
- 5 tbsp. cornstarch
- 1/2 cup & 2 tbsp. water
- 2 cups salsa
- 8 oz. spaghetti
- 1/3 cup ketchup
- 1 cup unsweetened pineapple juice
- sesame seeds
- 1 1/2 cups granulated sugar
- 1 1/3 tbsp. vanilla extract
- 2 cups all-purpose flour
- 1 tsp. baking soda

- 1 32-oz. jar pasta sauce
- 1/4 cup light brown sugar
- 2 cups powdered sugar