



Week 9 Meal Plan

EATING on a DIME

Monday



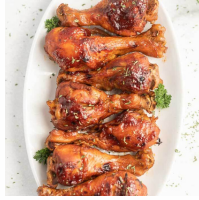
Crock Pot
Pork Chops

Tuesday



Carne Asada
Street Tacos

Wednesday



Instant Pot BBQ
Chicken Drumsticks

Thursday



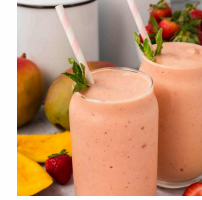
Chicken Stir Fry

Friday



Shish Kabob

Breakfast



Strawberry
Mango Smoothie

Dessert



Jello Poke Cake

Shopping List

PROTEIN

- 6 boneless pork chops
- 3 lbs. flank steak
- 6 lbs. chicken drumsticks
- 3 boneless chicken breasts
- 1 1/2 lb. beef sirloin

DAIRY

- 1/2 stick butter
- 1 cup plain yogurt
- 1/2 cup milk
- 1 tub Cool Whip

BREAD/BAKERY

- 16 mini corn tortillas
- 1 box white cake mix

PRODUCE

- 1 onion
- 2 fresh limes
- 1 bundle of cilantro
- 2 cups broccoli florets
- 1 1/2 yellow bell pepper
- 1 1/2 red bell pepper
- 1/2 cup carrots
- 2 tsp. minced garlic
- 1 lemon
- 1 large red onion
- 1 cup frozen strawberries
- 1 cup frozen mango
- 1 banana
- fresh mint leaves

SEASONING

- 2 tbsp. ranch seasoning mix
- 2 tsp. salt
- 1 1/2 tsp. pepper
- 1 tbsp. paprika
- 1 tsp. cumin
- 1 tsp. garlic salt
- 1/2 tsp. ground ginger
- 2 tsp. Italian seasoning
- 1 tsp. black pepper
- 1/2 tsp. garlic powder

CANNED GOODS

- 2 10-oz. cans cream of chicken soup

PANTRY STAPLES

- 3/4 cup chicken broth
- 2 tbsp. vegetable oil
- 1 1/2 cups BBQ sauce
- 3 1/2 cups water
- 6 tbsp. olive oil
- 2 tbsp. sesame seeds
- 1 tbsp. cornstarch
- 1/2 cup soy sauce
- 3 tbsp. honey
- 1/4 cup Worcestershire sauce
- 3.3 oz Jello mix strawberry