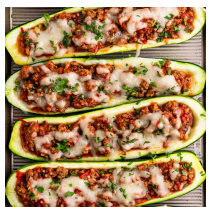




Week 14 Meal Plan

EATING on a DIME

Monday



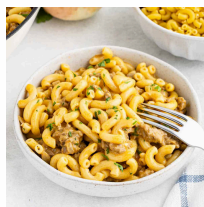
Stuffed Zucchini Boats

Tuesday



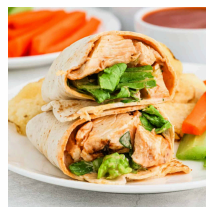
Grilled Salmon Tacos

Wednesday



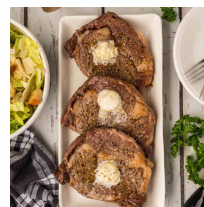
Homemade Cheeseburger Helper

Thursday



Buffalo Chicken Wraps

Friday



Air Fryer Steak

Breakfast



Oreo Pancakes

Dessert



Lemon Blossoms

Shopping List

PROTEIN

- 1 lb. ground Italian sausage
- 24 oz. Salmon Filets
approximately 6 oz each
- 1 lb. ground beef
- 2 cups cooked chicken
- 3 Sirloin Steak
approximately 1-inch thick
- 4 large eggs

DAIRY

- 1 3/4 cup Mozzarella cheese
- 1/2 cup Cojita cheese
- 1 3/4 cup milk
- 2 cups cheddar cheese
- 1 cup whole milk
- 1/2 cup salted butter

PRODUCE

- 4 medium zucchini
- 3/4 onion
- 2 tsp. garlic
- fresh parsley
- 2 lime
- 2 Roma tomatoes
- 1/2 red onion
- 2 avocados
- 1/4 cup cilantro
- 1 cup red cabbage
- 1 cup lettuce

CANNED GOODS

- 1 15-oz. can crushed tomatoes
- 1 cup pineapple tidbits

SEASONING

- 1 tsp. dried Italian seasoning
- 2 3/4 tsp. salt
- 1 3/4 tsp. pepper
- 1 tsp. chili powder
- 1 1/2 tbsp. paprika
- 1/2 tsp. cumin
- 1 tbsp. steak seasoning

BREAD/BAKERY

- 8 6-inch flour tortillas
- 6 10-inch wraps

PANTRY STAPLES

- 3 2/3 tbsp. olive oil
- 2 cups water
- 2 cups macaroni noodles
- 1/2 cup buffalo sauce
- 1/2 cup ranch dressing
- 2 cups white flour
- 4 tsp. baking powder
- 1 tbsp. granulated sugar
- 20-24 Oreos
- 1 15.25-oz. yellow cake mix
- 1 3.4-oz. box instant
lemon pudding mix
- 3/4 cup vegetable oil
- 3 cups powdered sugar
- 2 tbsp. lemon juice