



Week 20 Meal Plan

EATING on a DIME

Monday



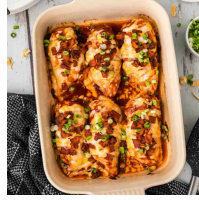
Fish Tacos

Tuesday



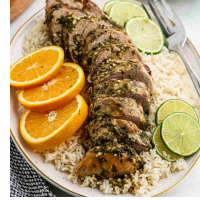
Instant Pot Italian Beef Sandwiches

Wednesday



BBQ Chicken Bake

Thursday



Crock Pot Cuban Mojo Pork Tenderloin

Friday



Parmesan Crusted Tilapia

Breakfast



Egg Souffle

Dessert



Strawberry Fluff Salad

Shopping List

PROTEIN

- 24 oz. filets of cod, tilapia, and halibut
- 3 lbs. roast
- 6 boneless, skinless chicken breasts
- 6 slices bacon
- 2 lbs. pork tenderloin
- 5 tilapia filets
- 2 eggs
- 4 large eggs

BREAD/BAKERY

- 24 corn tortillas
- 12 Hoagie rolls

CANNED GOODS

- 16-oz. jar Peppercornini peppers

PRODUCE

- 6 limes
- 1/2 red cabbage head
- 2 avocados
- 2 roma tomatoes
- 1/2 red onion
- 5/6 cup cilantro
- 1 red bell pepper

SEASONING

- 2 tsp. chili powder
- 2 1/2 tsp. garlic powder
- 2 1/4 tsp. salt
- 1 Zesty Italian Dressing seasoning packet
- 1 tsp. black pepper

- 2 green onions
- 1/3 cup mint
- 1 tbsp. minced garlic
- 1 tsp. oregano
- 2 tbsp. fresh parsley
- 2 cups fresh strawberries

- 2 tsp. cumin
- 1/2 tsp. garlic salt
- 1/2 tsp. paprika
- 1/8 tsp. ground black pepper

DAIRY

- 1 3/16 cup butter
- 1 cup grated Cotija cheese
- 1/2 cup sour cream
- 8-oz. package sliced Provolone cheese
- 1 cup shredded Colby Jack cheese
- 1 cup Parmesan cheese
- 1/2 cup whole milk
- 1/2 cup grated Gruyère cheese
- 2 tbsp. unsalted butter
- 16-oz. Whipped Topping

PANTRY STAPLES

- 2 tbsp. olive oil
- 1/3 cup mayonnaise
- 2 tsp. sriracha sauce
- 1 cup beef broth
- 1/2 cup BBQ sauce
- 1 cup orange juice
- 1 tbsp. cornstarch
- 3 cups & 7 tbsp. water
- 1 1/2 cups Panko breadcrumbs
- 2 tbsp. all-purpose flour
- 1/8 tsp. cream of tartar
- 1 4.6-oz. pkg. Cook and Serve Vanilla Pudding Mix
- 1 6-oz. pkg. Strawberry Jello Mix
- 10-oz. mini marshmallows

