



Week 21 Meal Plan

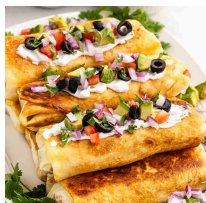
EATING on a DIME

Monday



Chicken Divan

Tuesday



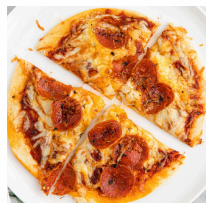
Beef Chimichangas

Wednesday



Italian Sausage Pasta

Thursday



Air Fryer Tortilla Pizza

Friday



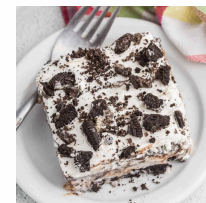
Philly Cheesesteak Pasta

Breakfast



Chia Seed Pudding

Dessert



Cookies and Cream Ice Cream Cake

Shopping List

PROTEIN

- 2 lbs. boneless, skinless chicken breasts
- 1 lb. lean ground beef
- 1 lb. ground Italian sausage
- 4-oz. sliced pepperoni
- 2 lbs. ground beef

PRODUCE

- 1/2 yellow onion
- 1 stick celery
- 4 cups broccoli florets
- 1 1/2 onion
- 1 bell pepper
- 2 1/2 tbsp. garlic
- fresh basil leaves
- 1 green bell pepper

SEASONING

- 1/2 tsp. garlic powder
- 1 1/2 tsp. pepper
- 1/2 tsp. onion powder
- 1/2 tsp. mustard powder
- 1 tbsp. chili powder
- 1 tsp. ground cumin
- 2 tsp. dried oregano
- salt and pepper to taste
- 1 tsp. dried basil
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 tsp. Italian seasoning

BREAD/BAKERY

- 12 large flour tortillas, 10-inch

PANTRY STAPLES

- 1/2 cup panko breadcrumbs
- 1 tbsp. & 1 tsp. olive oil
- oil for frying
- 1 lb. penne pasta
- 3 tbsp. Worcestershire sauce
- 1 packet French onion soup mix
- 4 cups beef broth
- 3 cups large elbow noodles
- 3/4 cups chia seeds
- 1 tsp. vanilla
- 3 tbsp. maple syrup/honey
- 1 package Oreos (13 oz.)
- 1 jar hot fudge sauce

DAIRY

- 8 tbsp. butter
- 1/2 cup sour cream
- 4 cups milk
- 4 cups shredded cheddar cheese
- 1 cup parmesan cheese
- 4 cups shredded mozzarella cheese
- 8-oz. sliced provolone cheese
- 1/2 gallon Cookies & Cream Ice Cream
- 8-oz. whipped cream

CANNED GOODS

- 10.5 oz. cream of chicken soup
- 1 16-oz. can refried beans
- 1 8-oz. can tomato sauce
- 2 14.5-oz. cans crushed tomatoes
- 1 cup pizza sauce