



# Week 22 Meal Plan

EATING on a DIME

## Monday



Keto Cheeseburger Casserole

## Tuesday



Taco Pockets

## Wednesday



Chick-fil-A Spicy Southwest Salad

## Thursday



Baked Tilapia

## Friday



TikTok Feta Pasta

## Breakfast



Lazy Day Homemade Donuts

## Dessert



Turtle Cheesecake

## Shopping List

### PROTEIN

- 3 lbs. ground beef
- 3 chicken breasts, filleted
- 6 tilapia filets
- 3 large eggs

### SEASONING

- 2 tsp. salt
- 1 1/2 tsp. black pepper
- 2 tbsp. taco seasoning
- 1/2 tsp. garlic powder
- 1/4 tsp. cayenne pepper
- 1/2 tsp. paprika
- 1/2 tsp. pepper
- 3 tsp. lemon pepper seasoning
- 1/4 tsp. red pepper flakes
- 1 tbsp. ground cinnamon

### PRODUCE

- 1/2 onion
- 2 tbsp. garlic
- 2 tbsp. dill pickles
- 1 large red bell pepper
- 9 cups mixed greens
- 1 cup grape tomatoes
- 2 pints cherry tomatoes
- 1 handful fresh basil leaves

### PANTRY STAPLES

- 2 tbsp. keto-friendly ketchup
- 2 tbsp. mayonnaise
- 1 tbsp. yellow mustard
- 1 tbsp. Worcestershire sauce
- 1/3 cup beef broth
- 1/4 cup white wine vinegar
- 2 tbsp. orange juice
- 1 tbsp. avocado oil

### CANNED GOODS

- 1 14-oz. can diced tomatoes
- 1/4 cup mild salsa
- 1/2 cup black beans
- 1/2 cup corn

### BREAD/BAKERY

- 2 8-oz. packages crescent rolls
- 1 tube refrigerated biscuits

### DAIRY

- 28-oz. cream cheese
- 3 cups cheddar cheese, shredded
- 1 cup Colby Jack cheddar cheese
- 8-oz. feta cheese
- 5 tbsp. butter
- 1 cup sour cream
- 1/2 cup & 2 tbsp. heavy cream

- 1 cup tortilla strips
- 1/2 cup Southwest Salad dressing
- 1/2 cup extra virgin olive oil
- 10-oz. Pasta cavatappi, rigatoni, rotini, penne or bow tie
- vegetable oil enough to fill 2" deep saucepan
- 1/2 cup white sugar

- 30 Oreo cookies
- 1 cup light brown sugar
- 2 tbsp. vanilla extract
- 4-oz. semi-sweet chocolate chips
- 1/4 cup caramel sauce
- 1/2 cup pecan halves