



Week 23 Meal Plan

EATING on a DIME

Monday



Crock Pot Pork Tenderloin w/ Peaches

Tuesday



Ground Beef Oven Nachos

Wednesday



Panera Bread Asian Sesame Chicken Salad

Thursday



Crock Pot Green Enchilada Chicken Soup

Friday



Zucchini Pizza Boats

Breakfast



Fruit Smoothie

Dessert



Fried Apples

Shopping List

PROTEIN

- 2 lbs. pork tenderloin
- 1 lb. ground beef
- 3 chicken breast filets
- 6 boneless, skinless chicken thighs
- 1/4 cup mini pepperoni

SEASONING

- 1 1/2 tsp. salt
- 1 tsp. pepper
- 2 tbsp. taco seasoning
- 1 tsp. garlic powder
- 1 tbsp. ground cinnamon

PANTRY STAPLES

- 3 1/2 cup chicken broth
- 1 bag tortilla chips
- 6 tbsp. soy sauce
- 1/4 cup & 1 tbsp. brown sugar
- 1 2/3 tbsp. sesame oil
- 1 tbsp. & 1/2 tsp. olive oil
- 3 tbsp. sesame seeds
- 1.5 cups wonton strips
- 1/2 cup sliced almonds
- 1/2 cup rice vinegar
- 1/4 cup sugar
- 1/4 cup canola oil
- 1 tbsp. cornstarch
- 1/2 cup water
- 1 cup ice
- 1/4 cup granulated sugar

PRODUCE

- 2 2/3 tbsp. minced garlic
- tomatoes (for toppings)
- 2-3 tbsp. red onions
- 1-2 jalapeños
- 2 cups cilantro
- 1-2 green onions
- 2 avocado
- lime wedges
- 4 romaine hearts
- 4 medium zucchini
- 1 cup frozen fruit
- 4 granny smith apples
- 1 lemon

DAIRY

- 8 tbsp. butter
- 1 8-oz. bag shredded cheddar cheese
- 1 8-oz. bag shredded Mexican blend cheese
- 1 1/4 cup sour cream
- 1 cup heavy whipping cream
- 2 cups shredded Monterey Jack cheese
- 8-oz. cream cheese
- 1 cup shredded mozzarella cheese
- 2 tbsp. grated parmesan cheese
- 1/2 cup yogurt
- 1/4 cup unsalted butter

CANNED GOODS

- 1 cup peach preserves
- 1 15-oz. can black beans
- 1 15-oz. can refried beans
- 1 11-oz. can fiesta corn
- 1 15-oz. can black olives
- 1 jar salsa
- guacamole
- 1 can mandarin oranges
- 2 15-oz. cans white beans
- 28-oz. can green enchilada sauce
- 4-oz. salsa verde
- 1 cup pizza sauce