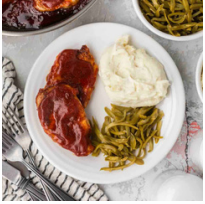




Week 24 Meal Plan

EATING on a DIME

Monday



Barbecue Pork Chops

Tuesday



Taquito Enchiladas

Wednesday



Instant Pot Philly Cheesesteak

Thursday



Chicken Stuffed Peppers

Friday



Crock Pot Pepper Steak

Breakfast



Overnight French Toast

Dessert



Crock Pot Pumpkin Butter

Shopping List

PROTEIN

- 4 boneless pork chops
- 26 frozen chicken taquitos
- 2 lbs. thinly sliced steak
- 1 lb. chicken breast
- 5 lbs. round steak
- 8 large eggs

BREAD/BAKERY

- 6 hoagie rolls
- 1 loaf French bread

CANNED GOODS

- 1 10-oz. can green enchilada sauce
- 1 cup salsa
- 2 15-oz. cans pumpkin puree

PRODUCE

- 1 green pepper
- 1 red pepper
- 2 onions
- 3 tsp. minced garlic
- 6 bell peppers
- 1 lime
- 1 green bell pepper
- 1 red bell pepper
- fresh fruit

DAIRY

- 1 1/4 cup Colby Jack cheese, shredded
- 6 slices provolone cheese
- 1 cup Mexican cheese blend, shredded
- 1 cup heavy cream
- 1 cup milk

SEASONING

- 1 1/2 tsp. smoked paprika
- 1 3/4 tsp. garlic powder
- 1 1/2 tsp. salt
- 2 1/2 tsp. black pepper
- 1/4 tsp. onion powder
- 1 tsp. Italian seasoning
- 1 tbsp. taco seasoning
- 1/2 tsp. ground ginger
- 1 tsp. cinnamon
- 3 tsp. pumpkin pie spice

PANTRY STAPLES

- 4 tbsp. olive oil
- 1/2 cup ketchup
- 1/2 cup & 3 tbsp. brown sugar
- 1 tbsp. Worcestershire sauce
- 1 tbsp. apple cider vinegar
- 1 tsp. Dijon mustard
- 3 cups beef broth
- 1 cup cooked white rice
- 1/4 cup soy sauce
- 2 tbsp. cornstarch
- 2 tbsp. cold water
- 2 tsp. vanilla extract
- 1 cup apple juice
- 1 1/2 cups light brown sugar