



Week 25 Meal Plan

EATING on a DIME

Monday



Chicken and Rice Casserole

Tuesday



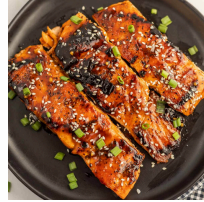
Crock Pot Street Tacos

Wednesday



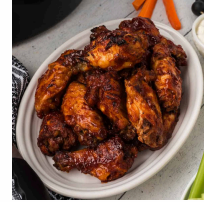
Big Mac Pizza

Thursday



Teriyaki Salmon

Friday



Slow Cooker BBQ Chicken Wings

Breakfast



Sausage and Egg Breakfast Casserole

Dessert



Pumpkin Chocolate Chips Bars

Shopping List

PROTEIN

- 2 lbs. boneless, skinless chicken breasts
- 3 lbs. flank steak
- 1 lb. ground beef
- 4 salmon filets
- 4 lbs. chicken wings & drumettes
- 1 lb. breakfast sausage
- 12 large eggs

CANNED GOODS

- 1 10.5-oz. can cream of mushroom soup
- 1 10.5-oz. can cream of chicken soup
- 1 15-oz. can pumpkin

SEASONING

- 3 3/4 tsp. salt
- 2 1/2 tsp. garlic powder
- 1 1/2 tsp. onion powder
- 1 1/2 tsp. black pepper
- 1 3/4 tsp. pepper
- 1 tbsp. chili powder
- 1 tbsp. & 1 tsp. paprika
- 2 tsp. cumin
- 1/4 tsp. ground ginger
- 1/4 tsp. cayenne pepper
- 1 tsp. dried thyme
- 1/2 tsp. pumpkin pie spice

BREAD/BAKERY

- 1 12-inch store-bought pizza crust

PRODUCE

- 1/2 chopped white onion
- 1 bundle cilantro
- 2 1/4 tsp. garlic
- 2 fresh limes
- 1 1/2 cup onion
- 1/2 cup diced pickles
- 1 cup shredded lettuce
- 2 stalks green onions
- 1 red bell pepper
- 1/4 cup fresh chives

DAIRY

- 4 cups shredded cheddar cheese
- 1 cup shredded mozzarella cheese
- 1/4 cup butter
- 2 cups whole milk

PANTRY STAPLES

- 1 1/2 cup uncooked long grain white rice
- 1 cup water
- 1 tbsp. olive oil
- 1 cup beef broth
- 24 mini corn tortillas
- 1/2 cup Thousand Island dressing
- 1/4 cup & 2 tbsp. sesame seeds
- 1 tbsp. avocado oil
- 2 tbsp. brown sugar
- 1/4 cup low-sodium soy sauce
- 2 tbsp. rice vinegar
- 2 tbsp. honey
- 2 tsp. cornstarch
- 1 1/2 cups BBQ sauce
- 6 cups day-old bread cubes
- 2 cups flour
- 1 1/2 cups sugar
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 cup oil
- 1 cup mini chocolate chips