



Week 26 Meal Plan

EATING on a DIME

Monday



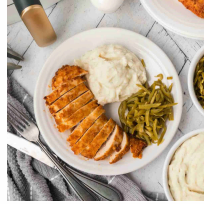
Slow Cooker Flank Steak

Tuesday



Taco Lasagna

Wednesday



Air Fryer Shake and Bake Chicken

Thursday



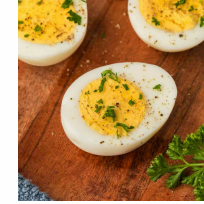
Crock Pot Sun-Dried Tomato Chicken

Friday



Hot Honey Pepperoni Pizza

Breakfast



Air Fryer Hard Boiled Eggs

Dessert



Pumpkin Cheesecake

Shopping List

PROTEIN

- 2 lbs. flank steak
- 2 lbs. ground beef
- 8 boneless, skinless, chicken breasts
- 1/2 cup sliced pepperoni
- 9 eggs

DAIRY

- 3 cups Mexican blend shredded cheese
- 2 cups heavy cream
- 1/2 cup grated parmesan cheese
- 1 1/2 cup shredded mozzarella cheese
- 6 tbsp. butter
- 1/4 cup sour cream

PRODUCE

- 4 cloves garlic
- 1/2 white onion
- fresh basil leaves (garnish)

CANNED GOODS

- 1 15-oz. can black beans
- 2 15-oz. cans diced tomatoes with green chilies
- 1 15-oz. can refried beans
- 1/2 cup pizza sauce
- 1 15-oz. can pure pumpkin

BREAD/BAKERY

- 10-12 regular-sized flour tortillas
- 1 12-inch store-bought pizza crust

SEASONING

- 1 tsp. onion powder
- 1 tsp. smoked paprika
- 1 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1 oz. taco seasoning
- 1 tsp. pepper
- 2 tbsp. dried basil
- 1/4 tsp. dried oregano
- 1 tsp. ground cinnamon
- 1 tbsp. pumpkin pie spice

PANTRY STAPLES

- 2 1/2 cup beef broth
- 1/4 cup soy sauce
- 1/4 cup Worcestershire sauce
- 4 tbsp. olive oil
- 1 3/8 cup brown sugar
- 1 cup salsa
- 1 packet Shake 'N Bake
- spray olive oil
- 1/2 cup sun dried tomatoes in olive oil
- 16 oz. angel hair pasta
- 1/4 cup honey
- 1-2 tsp. hot sauce
- 2 cups graham cracker crumbs
- 1/4 cup granulated sugar
- 24 oz. cream cheese
- 2 tsp. vanilla extract