



Week 40 Meal Plan

EATING on a DIME

Monday



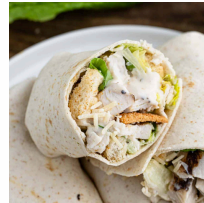
Mississippi Pot Roast

Tuesday



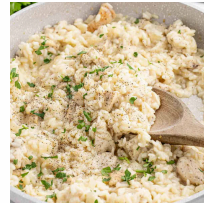
Crock Pot Salsa Chicken

Wednesday



Chicken Caesar Wrap

Thursday



Chicken Risotto

Friday



Air Fryer Ham

Breakfast



Homemade Granola Bars

Dessert



2-Ingredient Strawberry Cake

Shopping List

PROTEIN

- 3-4 lbs. chuck roast
- 8 chicken breasts
- 2 cups cooked chicken
- 4-5 pound pre-cooked spiral ham

DAIRY

- 1 1/4 cup butter
- 1/2 cup shredded parmesan cheese
- 1/2 cup grated parmesan cheese
- 2 tbsp. unsalted butter

PRODUCE

- 4 cups shredded Romaine lettuce
- 1 small onion
- 2 tsp. garlic
- fresh parsley

CANNED GOODS

- 1/2 jar pepperoncinis with the juice
- 2 cups salsa

SEASONING

- 1 packet ranch seasoning mix
- 2 tbsp. taco seasoning
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. ground cinnamon
- 1/4 teaspoon ground cloves

BAKERY

- 6 10-inch wraps

PANTRY STAPLES

- 1/2 cup water
- 1 cup Caesar dressing
- 1/2 cup croutons
- 1 tbsp. olive oil
- 1 cup Arborio rice
- 4 1/2 cups chicken broth
- 1/2 cup honey
- 1/2 cup & 2 tbsp. brown sugar
- 1 tbsp. Dijon mustard
- 1/2 cup light Karo syrup
- 2 cups Rice Krispies cereal
- 3 cups granola
- 1 cup chocolate chips
- 1 15-oz. box strawberry cake mix
- 1 12-oz. can of sprite