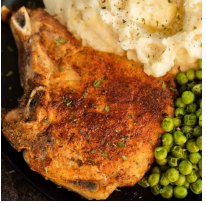




# Week 44 Meal Plan

EATING on a DIME

## Monday



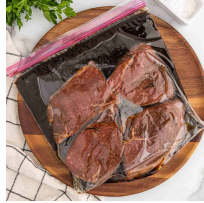
Air Fryer Bone-In Pork Chops

## Tuesday



Instant Pot Chicken Taco Soup

## Wednesday



3-Ingredient Steak Marinade

## Thursday



Chicken Piccata

## Friday



Big Mac Pizza

## Breakfast



Lemon Blueberry Bread

## Dessert



Cinnamon Chips

## Shopping List

### PROTEIN

- 3 bone-in pork chops (1 1/2 to 2 inches thick)
- 2 boneless, skinless chicken breasts
- 2-3 lbs. of steak
- 2 large chicken breasts
- 1 lb. ground beef
- 2 large eggs

### DAIRY

- 1 8-oz. package of cream cheese
- 2/3 cup & 4 tbsp. butter
- 1 cup shredded cheddar cheese
- 1 cup shredded mozzarella cheese
- 3/4 cup plain Greek yogurt
- 1 tbsp. milk

### PRODUCE

- 1 cup frozen corn
- 3/4 cup onion
- 4 tbsp. lemon juice
- 1 tbsp. & 1 tsp. lemon zest
- fresh parsley
- 1 cup shredded lettuce
- 1 cup fresh blueberries

### CANNED GOODS

- 1 14-oz. can black beans
- 1 8-oz. can diced tomatoes with chilis
- 2 tbsp. capers
- 1/2 cup pickles

### SEASONING

- 1 tsp. paprika
- 3 tsp. salt
- 1 tsp. pepper
- 1 tsp. ground mustard
- 1 tsp. onion powder
- 1 1/4 tsp. garlic powder
- 2 tbsp. taco seasoning
- 1 tsp. garlic salt
- 3/4 tsp. black pepper
- 1/4 cup sesame seeds
- 1 tbsp. cinnamon

### BAKERY

- 1 12-inch pizza crust
- 10 10-inch flour tortillas

### PANTRY STAPLES

- 2 tbsp. olive oil
- 3 cups chicken broth
- 1/4 cup oil
- 1/4 cup soy sauce
- 2/3 cup balsamic vinegar
- 2 cups all-purpose flour
- 1/2 cup dry white wine
- 1/2 cup Thousand Island dressing
- 2 tsp. baking powder
- 1 1/2 cups granulated sugar
- 1 1/2 tsp. vanilla extract
- 1 cup powdered sugar