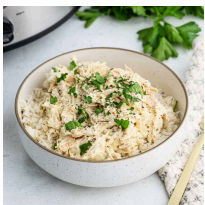




Week 45 Meal Plan

EATING on a DIME

Monday



Slow Cooker Italian Chicken

Tuesday



Queso Chicken Tacos

Wednesday



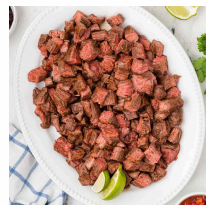
Parmesan Crusted Tilapia

Thursday



Easy Meatballs

Friday



Copycat Chipotle Steak

Breakfast



Snickerdoodle Muffins

Dessert



Sock It To Me Cake

Shopping List

PROTEIN

- 7 pcs. boneless, skinless chicken breasts
- 5 tilapia filets
- 2 eggs
- 2 lbs. ground beef
- 3 lbs. flank steak or sirloin
- 6 large eggs

CANNED GOODS

- 1 10.5-oz. can cream of chicken soup
- 1 10-oz. can diced tomatoes w/ green chiles
- 1 4-oz. can diced green chiles
- 1 15-oz. jar salsa con queso
- 2 chipotle peppers in adobo sauce plus 2 tablespoons sauce

PRODUCE

- 2 tbsp. fresh parsley
- 1 tbsp. & 2 tsp. garlic
- 2 tbsp. lime juice

DAIRY

- 8 oz. cream cheese
- 12 tbsp. butter
- 1/2 shredded parmesan cheese
- 1/2 cup parmesan cheese
- 1/2 cup & 2 tbsp. milk
- 1 1/2 cup sour cream

SEASONING

- 1 pkg. taco seasoning
- 1/2 tsp. garlic salt
- 1/2 tsp. paprika
- 1 tsp. Italian seasoning
- 3 1/2 tsp. salt
- 1 tsp. pepper
- 1 tbsp. ground cumin
- 1 tbsp. dried oregano
- 2 tsp. black pepper
- 5 tsp. ground cinnamon

BAKERY

- 12-18 small flour tortillas
- 1 15.25-oz. yellow cake mix

PANTRY STAPLES

- 1 0.7-oz. packet of Italian dressing seasoning
- 1/2 cup chicken broth
- 1/4 cup & 3 tbsp. water
- 1 1/2 cups panko breadcrumbs
- 1 cup breadcrumbs
- 1/3 cup & 2 tbsp. vegetable oil
- 2 cups all-purpose flour
- 1 1/12 cup granulated sugar
- 1/2 cup brown sugar
- 3 1/2 tsp. vanilla extract
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 cup light brown sugar
- 1 cup chopped pecans
- 1 cup powdered sugar