



# Week 6 Meal Plan

EATING on a DIME

## Monday



Crock Pot  
Root Beer Chicken

## Tuesday



Chicken  
Fried Rice

## Wednesday



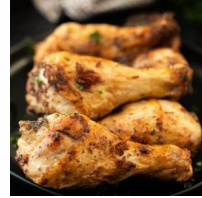
Crock Pot Ranch  
Pork Chops

## Thursday



Shrimp Boil  
Foil Pack

## Friday



Air Fryer  
Drumsticks

## Breakfast



Breakfast Sandwich

## Dessert



Cookies & Cream  
Ice Cream

## Shopping List

### PROTEIN

- 2 boneless chicken breasts
- 3 large eggs
- 4 - 6 boneless pork chops
- 1 lb. large shrimp
- 1 12-oz. package Smoked Andouille Sausage
- 12 chicken drumsticks
- 8 large eggs
- 12 slices Black Forest Ham

### BREAD/BAKERY

- 6 English muffins

### CANNED GOODS

- 1 14-oz. can sweetened condensed milk

### PRODUCE

- 1 cup frozen peas and diced carrots
- 3 green onions
- 2 ears of corn
- 1 lb. baby red potatoes
- 1 tbsp. garlic
- 1 lemon
- fresh parsley

### DAIRY

- 9 tbsp. butter
- 4 tbsp. unsalted butter
- 1/4 cup milk
- 1 cup shredded mozzarella cheese
- 6 slices American cheese
- 2 cups heavy whipping cream

### SEASONING

- 1 tbsp. onion powder
- 1 tbsp. garlic powder
- 2 tsp. chili powder
- 3 tsp. salt
- 3 1/2 tsp. pepper
- 1 pack ranch mix
- 1 tbsp. old bay seasoning
- 1/2 tsp. paprika
- 1 tsp. Italian seasoning
- 1 tsp. garlic salt

### PANTRY STAPLES

- 1 cup root beer
- 1 cup barbecue sauce
- 2 tbsp. sesame oil
- 2 tbsp. vegetable oil
- 4 cups rice
- 3 tbsp. soy sauce
- 3 tbsp. olive oil
- 1/2 lemon juice
- 2 tsp. vanilla extract
- 10 Oreo cookies