



# Week 12 Meal Plan

EATING on a DIME

## Monday



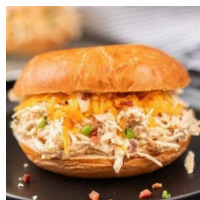
Panko Shrimp

## Tuesday



Nacho Bar

## Wednesday



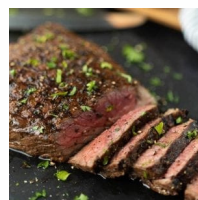
Slow Cooker  
Crack Chicken

## Thursday



Beef and Macaroni  
Skillet Dinner

## Friday



London Broil  
Marinade

## Breakfast



French Toast  
Sticks

## Dessert



Strawberry  
Icebox Cake

## Shopping List

### PROTEIN

- 1 lb. raw shrimp
- 2 large eggs
- 1 lb. lean ground beef
- 2 lbs. boneless chicken breasts
- 6 strips bacon
- 1 lb. ground beef
- 3 lbs. london broil
- 4 eggs

### PRODUCE

- 2 Roma tomatoes
- 1 1/4 green onions
- 1/2 onion
- 1/2 green bell pepper
- 1/2 red bell pepper
- 2 tbsp. garlic
- 1 1/2 lbs. strawberries

### SEASONING

- 3 tsp. salt
- 1 1/2 tsp. pepper
- 1/2 tsp. garlic powder
- 2 tbsp. taco seasoning
- 1 8-oz. dry ranch dressing seasoning mix
- 2 tsp. Italian seasoning
- 1/2 tsp. black pepper

### CANNED GOODS

- 1/2 cup salsa
- 1 10-oz. can Rotel
- 1 can of black beans
- 2 small cans black olives
- 2 cups tomato sauce

### BREAD/BAKERY

- 6 hamburger buns
- 10 slices Texas toast

### PANTRY STAPLES

- 1/2 cup all-purpose flour
- 1 cup Panko Breadcrumbs
- oil
- 2 large bag of Tortilla Chips
- 1 16-oz. jar of jalapeños
- 3 tbsp. Worcestershire sauce
- 2 cups elbow macaroni
- 2 1/2 cup water
- 1/2 cup Balsamic Vinegar
- 1/4 cup olive oil
- 1 tbsp. Dijon mustard
- 2 tbsp. vanilla extract

- 2 tbsp. cinnamon
- 1 tbsp. sugar
- 1 1/2 packs Graham Crackers

### DAIRY

- 32 oz. Velveeta cheese
- 8 oz. cream cheese
- 1 1/2 cup cheddar cheese
- 1 cup heavy cream
- 3 tbsp. butter
- 2 8-oz. containers Cool Whip