



Week 16 Meal Plan

EATING on a DIME

Monday



Crock Pot Beef Pot Pie

Tuesday



Chicken Quesadilla

Wednesday



Crock Pot Cream of Mushroom Chicken

Thursday



Skillet BBQ Pork Chops

Friday



Shrimp Alfredo

Breakfast



Crescent Roll Breakfast Pizza

Dessert



Root Beer Float Popsicles

Shopping List

PROTEIN

- 2 lbs. stew meat
- 1 lb. chicken breast
- 4 boneless chicken breasts
- 2 lbs. pork chops
- 1 lb. frozen precooked shrimp
- 1/2 lb. breakfast sausage
- 4 large eggs

PANTRY STAPLES

- 3 cups beef broth
- 2 tbsp. cornstarch
- 1/2 cup & 1 tbsp. water
- 1 tbsp. vegetable oil
- 1 packet onion soup mix
- 1 1/2 cup chicken broth

PRODUCE

- 16-oz. mixed vegetables (frozen)
- 1 cup celery
- 3/4 cup onion
- 1 2/3 tbsp. garlic
- 3-4 potatoes
- 2 cups sliced mushrooms
- 1 tbsp. fresh parsley
- 1/4 cup diced bell pepper

- 2 tbsp. cold water
- 1/2 cup BBQ sauce
- 16-oz. fettuccine
- cooking spray or oil
- root beer
- popsicle mold or disposable cups
- popsicle sticks

SEASONING

- 1 1/2 tsp. salt
- 1 1/4 tsp. pepper
- 1 tsp. dried thyme
- 1 bay leaf
- 2 tbsp. taco seasoning
- 1/2 tsp. dried thyme leaves
- 1/2 tsp. black pepper
- salt and pepper

DAIRY

- 3 cups Mexican shredded cheese
- 2 tbsp. butter
- 2 cups heavy cream
- 1 cup parmesan cheese
- 1 cup shredded cheddar cheese
- vanilla ice cream

BREAD/BAKERY

- 1 16.3-oz. canned biscuits
- 4 burrito-size flour tortillas
- 8-oz. crescent roll dough

CANNED GOODS

- 1 10-oz. can Cream of Mushroom soup