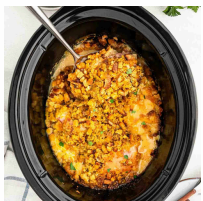




Week 18 Meal Plan

EATING on a DIME

Monday



Crock Pot
Chicken Cordon Bleu

Tuesday



Crock Pot Steak
Tacos

Wednesday



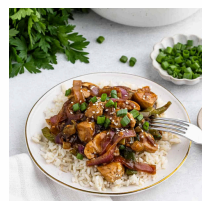
Slow Cooker
Turkey Meatballs

Thursday



Million Dollar
Spaghetti Casserole

Friday



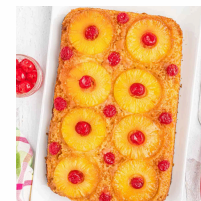
Black Pepper
Chicken

Breakfast



Blueberry
Pancakes

Dessert



Pineapple Upside
Down Cake

Shopping List

PROTEIN

- 6 boneless skinless chicken breasts fillet
- 1/2 lb. ham slices
- 2 lbs. flank steak
- 1 lb. ground turkey
- 2 large eggs
- 1 lb. ground sweet Italian sausage

PRODUCE

- 2 2/3 tbsp. minced garlic
- 1/2 cup lime juice
- 1 1/4 cup onion
- 1/4 cup fresh parsley
- 1 green pepper
- 1/2 red onion
- 2 stalks celery
- 1/2 cup blueberries

SEASONING

- 1 tsp. pepper
- 1 tsp. ground cumin
- 1 1/2 tsp. dried oregano
- 2 tsp. salt
- 2 3/4 tsp. black pepper
- 3 tsp. Italian seasoning
- 1/2 cup soy sauce
- 1/2 tsp. ground ginger

DAIRY

- 1 1/2 cup milk
- 1 6-oz. pkg. sliced Swiss cheese
- 1 1/4 cup butter
- 1/4 cup grated Parmesan cheese
- 8-oz. Ricotta cheese
- 8-oz. cream cheese
- 1/2 cup sour cream
- 3 cups shredded Mozzarella cheese

CANNED GOODS

- 10.5-oz. cream of chicken soup
- 1 7-oz. can chipotle peppers in adobo sauce
- 2 24-oz. jar marinara sauce
- 3 15-oz. cans crushed tomatoes
- 20-oz. pineapple slices in juice
- 6-oz. maraschino cherries (w/o stems)

PANTRY STAPLES

- 1 6-oz. pkg. cornbread Stove-Top®? stuffing
- 1/2 cup breadcrumbs
- 16-oz. spaghetti noodles
- 3 tbsp. olive oil
- 1 tbsp. sesame seeds
- 2 tbsp. cornstarch
- 2 tbsp. oyster sauce
- 2 tbsp. rice wine vinegar
- 1 cup all-purpose flour
- 1 tbsp. granulated sugar
- 3 tsp. baking powder
- 2 tbsp. vegetable or canola oil
- 1 cup brown sugar

- 1 box yellow cake mix (vegetable oil and eggs for the cake mix)

BREAD/BAKERY

- 12-16 Soft Corn or Flour Tortillas