



Week 27 Meal Plan

EATING on a DIME

Monday



Crock Pot Mississippi Meatballs

Tuesday



Cast Iron Skillet Chicken Fajitas

Wednesday



Homemade Chicken Noodle Soup

Thursday



Chicken Green Bean Casserole

Friday



Skillet Lasagna

Breakfast



Crock Pot Breakfast Potatoes

Dessert



Coffee Cake Cookies

Shopping List

PROTEIN

- 32 oz. frozen meatballs
- 5 boneless, skinless chicken breasts
- 2 cups cooked chicken
- 1 lb. ground beef
- 1 large egg

DAIRY

- 1 1/2 cup & 1 tbsp. butter
- 1 cup & 1 tbsp. milk
- 2 cups shredded cheddar cheese
- 1 cup shredded mozzarella cheese
- 1/2 cup ricotta cheese

PRODUCE

- 3 bell peppers
- 1 large yellow onion
- 1 lime
- 4 celery stalks
- 4 carrots
- 2 1/4 onion
- 1 tbsp. & 2 1/2 tsp. garlic
- 24 ounces frozen green beans
- 8 oz. sliced mushrooms
- 2 cups French fried onions
- parsley
- 2 lbs. russet potatoes
- 1 large red bell pepper
- 1 large green bell pepper

SEASONING

- 2 tbsp. taco seasoning
- 1 1/4 tsp. dried thyme
- 4 9/16 tsp. salt
- 1 tsp. pepper
- 2 bay leaves
- 1 tsp. black pepper
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1 tbsp. Italian seasoning
- 1 tsp. paprika
- 1 tsp. cinnamon
- 2 tsp. ground cinnamon

BREAD/BAKERY

- 12 small flour tortillas

PANTRY STAPLES

- 1 1-oz. packet Au Jus Gravy Mix
- 1 1-oz. packet ranch dressing mix
- 2 tbsp. canola oil
- 8 1/4 cups chicken broth
- 2 cups egg noodles
- 4 cups water
- 8 oz. lasagna noodles

- 3 tbsp. olive oil
- 2 1/2 cup all-purpose flour
- 1/4 cup brown sugar
- 1/2 cup light brown sugar
- 1/4 cup granulated sugar
- 1/2 tsp. vanilla extract
- 1 tbsp. cornstarch
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 cup powdered sugar

CANNED GOODS

- 8 Mild Pepperoncini Peppers
- 1/4 cup Pepperoncini Juice from the jar of peppers
- 2 10-oz. cans Cream of Mushroom soup
- 2 15-oz. cans crushed tomatoes