



Week 28 Meal Plan

EATING on a DIME

Monday



Skillet Honey Mustard Chicken

Tuesday



Crock Pot Taco Soup

Wednesday



Chicken Pot Pie Casserole

Thursday



Crock Pot Steak and Potatoes

Friday



Skillet Orange Chicken

Breakfast



Mexican Breakfast Casserole

Dessert



Cast Iron Skillet Chocolate Chip Cookie

Shopping List

PROTEIN

- 11 boneless, skinless chicken breasts
- 1 lb. ground beef
- 2 lbs. sirloin steak
- 4 eggs
- 1 lb. ground sausage
- 12 large eggs

CANNED GOODS

- 2 15-oz. cans of black beans
- 1 15-oz. can of kidney beans
- 1 15-oz. can of diced/crushed tomatoes
- 2 can cream of chicken condensed soup
- 1 cup salsa

PRODUCE

- 2 onion
- 2 cups frozen corn
- 12 oz. frozen peas and carrots
- 2 cups frozen diced potatoes
- 7 tsp. garlic
- 1 1/2 lbs. baby potatoes
- fresh parsley
- 2 oranges
- 1 small white onion
- 1 green bell pepper

BREAD/BAKERY

- 2 cans refrigerated crescent rolls
- 8 corn tortillas

SEASONING

- 4 1/2 tsp. salt
- 3 tsp. pepper
- 4 tbsp. taco seasoning
- 1 tsp. garlic salt
- 1/2 tsp. poultry seasoning
- 1/2 tsp. black pepper
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1 tsp. dried thyme
- 1/4 tsp. ground ginger

DAIRY

- 3 tbsp. butter
- 2 cups shredded cheddar cheese
- 1/3 cup milk
- 2 cups shredded Mexican cheese blend
- 1 cup unsalted butter

PANTRY STAPLES

- 3 tbsp. olive oil
- 1/4 cup Dijon mustard (grainy)
- 2 tbsp. yellow mustard
- 9 tbsp. honey
- 1/2 cup water
- 5 cups chicken broth
- 1 cup beef broth
- 1 tbsp. Worcestershire sauce
- 2 3/4 cups all-purpose flour
- 1/2 cup & 1 tbsp. cornstarch
- vegetable oil
- orange zest (from 1 of the oranges)
- 1/4 cup soy sauce
- 2 tbsp. rice wine vinegar
- 1 tsp. baking soda
- 3/4 cup light brown sugar
- 2 cups semi-sweet chocolate chips

- 3/4 cup sugar
- 1 tsp. vanilla