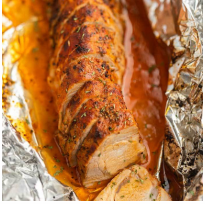




Week 29 Meal Plan

EATING on a DIME

Monday



Oven-Baked
Pork Tenderloin

Tuesday



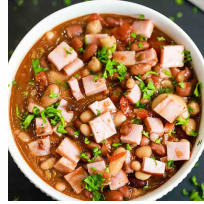
Crock Pot Chicken
Taco Soup

Wednesday



Beef and Rice

Thursday



Crock Pot 15 Bean
Soup with Ham

Friday



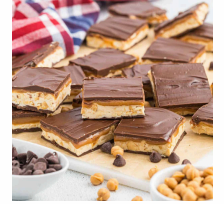
Crock Pot
Kielbasa and Potatoes

Breakfast



Strawberry Banana
Bread

Dessert



Homemade
Snickers

Shopping List

PROTEIN

- 2 lbs. pork tenderloin
- 3 boneless chicken breasts
- 1 lb. lean ground beef
- 1 lb. ham
- 1 14-ounce package kielbasa sausage
- 2 large eggs

CANNED GOODS

- 2 15-ounce cans of white beans
- 1 10-ounce can of diced tomatoes w/ green chilis
- 1 14.5 -ounce can of diced tomatoes
- 1 15-ounce can of diced tomatoes

PRODUCE

- 1 lemon, juiced
- 2 medium onion
- 5 tsp. garlic
- 1 bell pepper
- 1 cup frozen peas and carrots
- fresh parsley
- 1 1/2 pounds pre-diced potatoes
- 1 large onion
- 3 ripe bananas
- 1 1/2 cup fresh strawberries

DAIRY

- 1/3 cup and 4 tbsp. butter
- 1/2 cup shredded cheddar cheese
- 1/4 cup sour cream

SEASONING

- 1/2 tsp. paprika
- 1 tsp. Italian seasoning
- 2 3/4 tsp. salt
- 2 tsp. pepper
- 2 tbsp. taco seasoning
- 1/2 tsp. garlic salt
- 1 tsp. dried oregano
- 1 tsp. smoked paprika
- 1 tsp. chili powder
- 1 tsp. dried thyme

PANTRY STAPLES

- 1 tbsp. olive oil
- 9 cups chicken broth
- 1 cup long-grain white rice
- 1 cup beef broth
- 1 package of 15 bean soup with seasoning packet
- 1/4 cup Dijon mustard
- 1 tbsp. honey
- 2 cups + 3 tbsp. all-purpose flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 2 cups granulated sugar
- 3 tsp. vanilla extract
- 2 cups semi-sweet chocolate chips
- 3/4 cup creamy peanut butter
- 7 oz. marshmallow creme
- 1 1/2 cups salted peanuts
- 11 oz. caramels/caramel bits

