



Week 30 Meal Plan

EATING on a DIME

Monday



Pasta Fagioli Soup

Tuesday



Crock Pot Chicken and Noodles

Wednesday



Crock Pot Scalloped Potatoes and Ham

Thursday



Shake and Bake Pork Chops

Friday



Ritz Chicken Casserole

Breakfast



Crock Pot Breakfast Potatoes

Dessert



Nutella Brownies

Shopping List

PROTEIN

- 1 lb. ground beef
- 2 lbs. boneless, skinless chicken breasts
- 2 cups pre-cooked diced ham
- 4 bone-in pork chops (1/2-inch thick)
- 3 cups cooked shredded chicken
- 2 large eggs

DAIRY

- 1/2 cup shredded parmesan cheese
- 1/2 cup butter
- 1 cup whole milk
- 1 cup shredded cheddar cheese
- 1 1/2 cup sour cream
- 7/12 cup unsalted butter

PRODUCE

- 1/2 onion
- 2 medium carrots
- 3 celery stalks
- 2 2/3 tbsp. garlic
- 4 tbsp. fresh parsley
- 3 medium onions
- 5 lbs. russet potatoes
- 1 large red bell pepper
- 1 large green bell pepper

CANNED GOODS

- 3 8-oz. cans tomato sauce
- 1 15-oz. can diced tomatoes
- 1 15-oz. can Dark Red Kidney Beans

SEASONING

- 3 tsp. Italian seasoning
- 3 1/2 tsp. dried thyme
- 4 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 1/2 tsp. garlic powder
- 2 tsp. black pepper
- 1 3/4 tsp. paprika
- 1/2 tsp. onion powder
- 1/2 tsp. dried parsley
- 1/4 tsp. dried oregano
- 1/2 tsp. garlic salt

PANTRY STAPLES

- 5 tbsp. olive oil
- 1 cup dry ditalini pasta
- 6 1/4 cups chicken broth
- 12 oz. wide egg noodles
- 1/2 cup plain breadcrumbs
- 1 tsp. sugar
- 1 sleeve Ritz crackers (about 30 crackers)
- 1/2 cup brown sugar
- 1 tsp. vanilla extract
- 1 1/4 cups Nutella
- 2/3 cup all-purpose flour
- 3/4 cup semi-sweet chocolate chips

- 1 15-oz. can Great Northern Beans
- 4 15-oz. cans cream of chicken soup
- 1 14.5-oz. can low-sodium chicken broth
- 1 10.5-oz. can cream of mushroom soup