



# Week 31 Meal Plan

EATING on a DIME

## Monday



Slow Cooker Chicken Breasts

## Tuesday



Hamburger Potato Casserole

## Wednesday



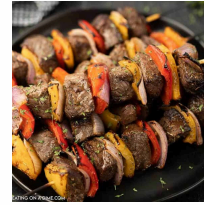
Crock Pot Vegetable Beef Soup

## Thursday



Crock Pot Chicken and Dumplings

## Friday



Shish Kabobs

## Breakfast



Fruit Smoothie

## Dessert



Chocolate Mayonnaise Cake

## Shopping List

### PROTEIN

- 4 chicken breasts
- 4 lbs. ground beef
- 3 boneless, skinless chicken breasts
- 1 1/2 lb. beef sirloin

### BAKERY

- 1 can biscuits (10 count)

### DAIRY

- 1 1/2 cups of milk
- 1 1/2 cups shredded cheese (Colby Jack mix/cheddar)
- 1/2 cup yogurt
- 8 oz. cream cheese
- 5 tbsp. unsalted butter
- 3-4 tbsp. heavy whipping cream

### PRODUCE

- 5 small potatoes
- 1 medium onion
- 3 potatoes
- 28 oz. frozen mixed vegetables
- 1 lemon
- 1 large red onion
- 1 red bell pepper
- 1 yellow bell pepper
- 1 cup frozen fruit

### CANNED GOODS

- 2 cans cream of mushroom soup
- 3 14.5-oz. cans diced tomatoes
- 2 10.5-oz. cans cream of chicken soup

### SEASONING

- 4 1/4 tsp. salt
- 1/2 tsp. paprika
- 1 1/2 tsp. black pepper
- 5 tsp. Italian seasoning
- 1 tsp. pepper
- 1 tsp. garlic salt
- 1/2 tsp. poultry seasoning
- 1/4 cup soy sauce
- 1/2 tsp. garlic powder

### PANTRY STAPLES

- 2 1/2 cup chicken broth
- 1/4 cup & 1 tbsp. olive oil
- 4 cups beef broth
- 1/4 cup Worcestershire sauce
- 1/2 cup water
- 1 cup ice
- 1 cup mayonnaise
- 5/6 cup unsweetened cocoa powder
- 1 cup warm water
- 2 cups all-purpose flour
- 1 cup granulated sugar
- 2 tsp. baking soda
- 4 tsp. vanilla extract
- 3 cups confectioner's sugar