



Week 32 Meal Plan

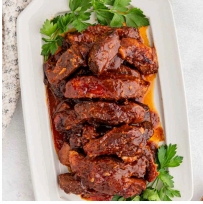
EATING on a DIME

Monday



Slow Cooker Brisket Tacos

Tuesday



Crock Pot Country Style Pork Ribs

Wednesday



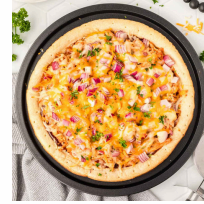
Spaghetti Soup

Thursday



Easy Chili

Friday



Grilled BBQ Chicken Pizza

Breakfast



Pumpkin Waffles

Dessert



Pumpkin Cupcakes w/ Cream Cheese Frosting

Shopping List

PROTEIN

- 2 lbs. beef brisket
- 3 lbs. country style pork ribs
- 1 lb. mini meatballs
- 2 lbs. ground beef (or turkey)
- 2 cups shredded cooked chicken
- 2 large eggs

DAIRY

- 1 cup Cotija cheese
- 1/4 cup grated parmesan cheese
- 1 cup mozzarella cheese
- 1/4 cup cheddar cheese
- 5/6 cup butter
- 1 1/2 cup & 1 tbsp. milk
- 8 oz. cream cheese

PRODUCE

- 2 fresh limes
- fresh cilantro
- 1 jalapeño
- 2 tsp. garlic
- 1/2 onion
- 1/4 red onion
- fresh parsley

CANNED GOODS

- 2 14-ounce cans diced or crushed tomatoes
- 2 cans of kidney beans
- 3 cups pumpkin puree

SEASONING

- 4 tbsp. taco seasoning
- 1 tbsp. chili powder
- 2 1/4 tsp. salt
- 1 tsp. pepper
- 1 bay leaf
- 2 tsp. Italian seasoning
- 4 tbsp. chili seasoning
- 1 tsp. garlic salt
- 3 tsp. pumpkin pie spice

BAKERY

- 12-inch premade pre-cooked pizza crust

PANTRY STAPLES

- 1 cup salsa
- 18 corn tortillas
- 1/4 cup brown sugar
- 2 cups ketchup
- 1/2 cup apple cider vinegar
- 1/4 cup spicy brown mustard
- 1/4 cup Worcestershire sauce
- 4 cups chicken broth
- 24 oz. jar marinara sauce
- 8 oz. spaghetti noodles
- 1 can of water
- 1/2 cup BBQ sauce
- 2 cups all-purpose flour
- 1/4 cup granulated sugar
- 1 tbsp. baking powder
- 1 tsp. vanilla extract
- 1 box cake mix
- 4 cups powdered sugar