



Week 33 Meal Plan

EATING on a DIME

Monday



Chicken Stuffing Bake

Tuesday



Copycat Wendy's Chili

Wednesday



Andouille Sausage Pasta

Thursday



Crock Pot Tortellini Soup

Friday



Chicken Chimichangas

Breakfast



Pumpkin Pancakes

Dessert



Reese's Pieces Cookies

Shopping List

PROTEIN

- 4 boneless, skinless chicken breasts
- 2 lbs. ground beef
- 1 lb. andouille sausage
- 2 cups pre-cooked shredded chicken
- 3 eggs

DAIRY

- 3 cups milk
- 2 cups cheddar cheese
- 1 1/4 cup grated parmesan cheese
- 2 cups heavy cream
- 1 cup shredded Monterey Jack cheese
- 1/2 cup & 5 tbsp. butter

BAKERY

- 8 large flour tortillas (10-inch)

PRODUCE

- 3 stalks of celery
- 1 green bell pepper
- 1 red bell pepper
- 1 tbsp. & 4 tsp. garlic
- 2 cups fresh spinach
- 1/2 cup onion
- 1/2 cup bell pepper

PANTRY STAPLES

- 1 6-oz. box of Stove Top Chicken Stuffing Mix
- 5 1/2 cups chicken broth
- 1 tbsp. Worcestershire sauce
- saltine crackers
- 16-oz. penne pasta
- 2 cups water

SEASONING

- 1/4 cup & 1 tsp. chili powder
- 1 tbsp. cumin
- 4 3/4 tsp. salt
- 4 tsp. pepper
- 1 tbsp. & 1/4 tsp. Italian seasoning
- 1 tsp. ground cumin
- 1/2 tsp. dried oregano
- 2 tsp. pumpkin pie spice

- 12-oz. cheese tortellini
- 1 tbsp. olive oil
- oil for frying
- 2 cups flour
- 3/4 cup brown sugar
- 3 tsp. baking powder
- 2 tsp. vanilla extract

CANNED GOODS

- 2 10-oz. cans of cream of chicken soup
- 2 15-oz. cans of pinto beans
- 2 15-oz. cans of kidney beans
- 2 15-oz. cans tomato sauce
- 2 15-oz. cans diced tomatoes
- 1 14.5-oz. can crushed tomatoes
- 1 28-oz. can crushed tomatoes
- 1 16-oz. can refried beans
- 1 4-oz. can diced green chiles
- 1/2 cup salsa verde
- 1 cup pure pumpkin

- 1/2 cup creamy peanut butter
- 1/2 cup granulated sugar
- 1 1/2 cups all-purpose flour
- 1 tsp. cornstarch
- 1 tsp. baking soda
- 1 1/2 cups all-purpose flour
- 1 1/2 cups Reese's Pieces Candy