



Week 34 Meal Plan

EATING on a DIME

Monday



King Ranch
Chicken Casserole

Tuesday



Double Decker
Taco

Wednesday



Ground Turkey
Chili

Thursday



7 Can Taco Soup

Friday



Big Mac Wrap

Breakfast



Cranberry
Muffins

Dessert



Snickerdoodle
Blondies

Shopping List

PROTEIN

- 3 cups cooked & shredded chicken
- 2 lbs. lean ground beef
- 1 lb. ground turkey
- 1 lb. ground beef (85/15)
- 4 large eggs

PRODUCE

- 1 3/4 onion
- 2 red bell peppers
- 4 1/2 cups shredded lettuce
- 2 Roma tomatoes
- 2 jalapeños
- 1/2 yellow onion
- 1 tbsp. garlic
- fresh cilantro
- 1 cup cranberries

SEASONING

- 3 tbsp. chili powder
- 2 3/4 tsp. garlic powder
- 4 pkg. taco seasoning
- 1 tsp. cumin
- 1 tsp. dried oregano
- 1/2 tsp. cayenne pepper
- 1 1/2 tsp. black pepper
- 2 1/2 tsp. salt
- 3/4 tsp. onion powder
- 1/2 tsp. paprika
- 3 tsp. cinnamon

DAIRY

- 3 1/2 cups shredded cheddar cheese
- 2 cups shredded Mexican cheese
- sour cream
- 1 cup unsalted butter

PANTRY STAPLES

- 2 tbsp. olive oil
- 2 1/2 cup chicken broth
- 16 Stand 'N Stuff Taco Shells
- tortilla chips
- 1 tsp. Worcestershire sauce
- 1/2 cup dill pickle slices
- 1 cup mayonnaise
- 1/4 cup French dressing
- 2 tbsp. sweet pickle relish
- 1 tsp. white wine vinegar
- 4 1/2 cups all-purpose flour
- 1 3/4 cup brown sugar
- 3 tsp. baking powder
- 3/4 cup orange juice
- 1/3 cup vegetable oil
- 1 1/4 cups granulated sugar
- 2 tsp. vanilla extract

CANNED GOODS

- 1 10.75-ounce can cream of mushroom soup
- 1 10.75-ounce can cream of chicken soup
- 1 10-ounce can of diced tomatoes w/ green chilis
- 1 16-ounce can refried beans
- 2 cans of red kidney beans
- 1 15-ounce can of crushed tomatoes
- 1 15-ounce can of diced tomatoes
- 1 15-ounce can pinto beans
- 1 15-ounce can sweet corn
- 1 15-ounce can black beans
- 1 14.5-ounce can chicken broth
- 1 14.5-ounce can petite diced tomatoes
- 1 12.25-ounce can chunk chicken breast
- 1 10-ounce can green enchilada sauce

BAKERY

- 12 corn tortillas
- 16 8-inch flour tortillas
- 4 6-inch flour tortillas