



Week 35 Meal Plan

EATING on a DIME

Monday



Sloppy Joe
Tator Tot Casserole

Tuesday



Taco Mac
and Cheese

Wednesday



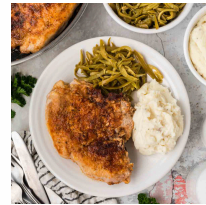
Creamy Tomato
Basil Soup

Thursday



Hamburger Helper
Stroganoff

Friday



Skillet
Pork Chops

Breakfast



Cranberry Bread

Dessert



Honey Bun
Cake

Shopping List

PROTEIN

- 1 lb. ground beef
- 2 lbs. lean ground beef
- 4 bone-in pork chops (1-inch thick)
- 6 large eggs

DAIRY

- 4 cups shredded cheddar cheese
- 2 1/4 cups milk
- 1 cup shredded Monterey Jack cheese
- 2 cups heavy whipping cream
- 5/6 cup butter
- 2 cups sour cream
- 2 tbsp. unsalted butter

PRODUCE

- 2 red bell pepper
- 1/2 yellow onion
- 7 tsp. garlic
- 2 medium onion
- 1/2 cup fresh cilantro
- 6 tomatoes
- 14 leaves fresh basil
- 8 oz. sliced mushroom
- 1 1/2 cup fresh cranberries

CANNED GOODS

- 1 8-oz. can tomato sauce
- 1 14.5-oz. can diced tomatoes

SEASONING

- 1 1/4 tsp. black pepper
- 1-oz. packet taco seasoning
- 3 1/2 tsp. salt
- 1 tsp. pepper
- 2 tsp. paprika

PANTRY STAPLES

- 1/2 cup ketchup
- 1 cup & 2 tbsp. brown sugar
- 1 tbsp. yellow mustard
- 2 tbsp. & 1 tsp. Worcestershire sauce
- 1 30-oz. pkg. frozen tater tots
- 5 cups beef broth
- 3 cups elbow macaroni
- 6 cups tomato juice
- 3 cups & 2 1/4 tbsp. all-purpose flour

- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. ground cinnamon

- 1 tbsp. Dijon mustard
- 8 oz. wide egg noodles
- 2 tbsp. olive oil
- 1 cup granulated sugar
- 4 tsp. vanilla extract
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 3/4 cup vegetable oil
- 1 15.25-oz. box yellow cake mix
- 2 cups confectioner's sugar