



Week 36 Meal Plan

EATING on a DIME

Monday



Crock Pot Minestrone Soup

Tuesday



Taco Sliders

Wednesday



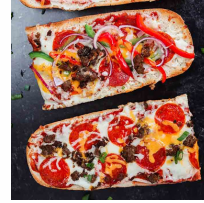
Cincinnati Chili

Thursday



Cheesy Chicken and Rice Skillet

Friday



French Bread Pizza

Breakfast



Coffee Cake Muffins

Dessert



Christmas Pancakes

Shopping List

PROTEIN

- 3 lbs. ground beef
- 2 boneless, skinless chicken breasts
- 8 oz. ground Italian sausage
- 6 oz. pepperoni
- 3 large eggs

PRODUCE

- 3 carrots
- 2 large potatoes
- 2 celery stalks
- 1 1/2 white onion
- 1 tbsp. & 3 tsp. garlic
- 8 oz. frozen green beans
- 1 zucchini
- 2 onion
- 12 oz. pkg. of frozen peas & carrots
- 1/2 green bell pepper
- 1/2 red bell pepper
- 1/8 red onion
- 2 tbsp. cilantro

SEASONING

- 1 tbsp. Italian seasoning
- 4 1/4 tsp. salt
- 1 tsp. pepper
- 3 bay leaves
- 1 pkg. taco seasoning
- 1/2 tsp. garlic salt
- 2 tbsp. chili powder
- 3 tsp. ground cinnamon
- 1 tbsp. dried oregano
- 1/2 tsp. red pepper flakes
- 1/4 tsp. ground allspice
- 1/4 tsp. ground cloves
- 1 tsp. black pepper

CANNED GOODS

- 1 can diced tomatoes
- 1 14.5-oz. can crushed tomatoes
- 2 15-oz. cans red kidney beans
- 1 15-oz. can cannellini beans
- 1 cup salsa
- 2 8-oz. cans tomato sauce
- 1 10.5-oz. can cream of chicken soup
- 1 cup pizza sauce

DAIRY

- 2 cups shredded Mexican style cheese
- 2/3 cup & 4 tbsp. butter
- 3 cups shredded cheddar cheese
- 4 cups shredded mozzarella cheese
- 1 1/4 cup & 2 tbsp. milk
- whipped cream

BAKERY

- 12 Hawaiian rolls or slider rolls
- 1 loaf French bread

PANTRY STAPLES

- 4 cups vegetable broth
- 4 cups water
- 3/4 cup ditalini pasta
- 3 tbsp. olive oil
- 2 tbsp. tomato paste
- 2 tbsp. apple cider vinegar
- 2 tbsp. & 1/2 tsp. sugar
- 2 tsp. Worcestershire sauce
- 1 oz. grated unsweetened chocolate
- 5 cups chicken broth
- spaghetti
- 1 1/2 cups white rice
- 4 cups all-purpose flour
- 3/4 cup brown sugar
- 5 tsp. baking powder
- 1/2 tsp. baking soda
- 2 1/2 tsp. vanilla extract
- 1/4 cup granulated sugar
- 1/4 cup confectioner's sugar
- 3 tbsp. vegetable oil
- 1/4 cup Christmas sprinkles