



Week 37 Meal Plan

EATING on a DIME

Monday



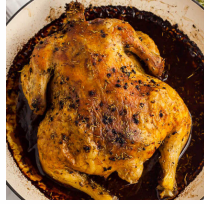
Sausage
Potato Soup

Tuesday



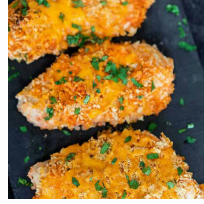
Taco Dorados

Wednesday



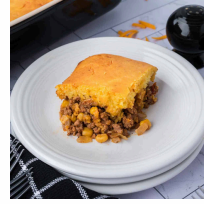
Roast Chicken

Thursday



Baked Mexican
Chicken

Friday



Cornbread
Casserole

Breakfast



Christmas
Coffee Cake

Dessert



Christmas Brownies

Shopping List

PROTEIN

- 1 lb. ground Italian sausage
- 2 1/2 lbs. ground beef
- 1 whole chicken
- 4 chicken breasts
- 7 large eggs

DAIRY

- 1 cup heavy whipping cream
- 1/4 cup parmesan cheese
- 4 cups shredded cheddar cheese
- 1 cup milk
- 1 1/2 cup & 3 tbsp. butter
- 1 cup sour cream
- 1/2 cup heavy cream

PRODUCE

- 1 1/2 medium onion
- 2 tbsp. & 4 tsp. garlic
- 4 russet potatoes
- 1/2 white onion
- 1 cup shredded lettuce
- 2 1/2 cups tomatoes
- 1 tbsp. rosemary

CANNED GOODS

- 1 14.5-oz. can diced tomatoes
- 1 15-oz. can corn

SEASONING

- 3 1/2 tsp. salt
- 1 1/2 tsp. pepper
- 2 tbsp. taco seasoning mix
- 1 tsp. Kosher salt

PANTRY STAPLES

- 4 cups chicken broth
- 2 tbsp. cornstarch
- 12 corn tortillas
- 3/4 cup vegetable oil
- 1/4 cup olive oil
- 2 cups salsa
- 13 oz. bag tortilla chips
- 1 cup cornmeal
- 3 3/4 cups all-purpose flour
- 2 7/12 cups granulated sugar
- 3 1/2 tsp. baking powder

- 2 tsp. ground black pepper
- 1 tbsp. chili powder
- 1 tsp. cumin
- 1 tsp. ground cinnamon

- 1 tsp. baking soda
- 4 tsp. vanilla extract
- 1 1/2 cups pecans
- 1 1/3 cup brown sugar
- 2/3 cup cocoa powder
- 2 cups Christmas M&Ms
- 2 cups semi-sweet chocolate chips
- Christmas sprinkles