



# Week 38 Meal Plan

EATING on a DIME

## Monday



Crack Burgers

## Tuesday



Green Chile Chicken Soup

## Wednesday



Hamburger Casserole

## Thursday



Chicken Risotto

## Friday



Tortilla Pizza

## Breakfast



French Toast Sticks

## Dessert



Reese's Cheesecake

## Shopping List

### PROTEIN

- 2 1/2 lbs. ground beef
- 8 slices bacon
- 2 lbs. chicken breasts
- 4 oz. sliced pepperoni
- 4 eggs
- 4 large eggs

### CANNED GOODS

- 1 can cannellini beans
- 1 16-oz. jar salsa verde
- 1 4-oz. can green chiles
- 2 8-oz. cans tomato sauce
- 1 cup pizza sauce

### BAKERY

- 4 hamburger buns
- 4 8-10-inch flour tortillas (burrito size)
- 10 slices Texas toast

### PRODUCE

- 1 cup yellow onion
- 1 green bell pepper
- 1 jalapeño
- 4 tsp. garlic
- 2 limes
- avocado
- cilantro
- 1 small onion
- fresh parsley

### DAIRY

- 2 1/2 cups shredded cheddar cheese
- 1/2 cup grated parmesan cheese
- 2 tbsp. unsalted butter
- 1 cup shredded mozzarella cheese
- 1/2 cup shredded parmesan cheese
- 1 1/2 cup heavy cream
- 8 tbsp. butter

### SEASONING

- 1 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 3/4 tsp. black pepper
- 1 tsp. cumin
- 2 tsp. chili powder
- 1 3/4 tsp. salt
- 2 tsp. Italian seasoning
- 1/4 tsp. pepper
- 2 tbsp. cinnamon

### PANTRY STAPLES

- 1 oz. ranch dressing mix
- 3 tbsp. olive oil
- 7 1/2 cups chicken broth
- 1 tbsp. granulated sugar
- 8 oz. macaroni pasta
- 1 cup Arborio rice
- 2 tbsp. & 2 tsp. vanilla extract
- 1 tbsp. sugar
- 30 Oreo cookies
- 1 cup granulated sugar
- 1 cup creamy peanut butter
- 40 Mini Reese's Peanut Butter Cups
- 2 cups chocolate chips

- 24 oz. cream cheese
- 1 cup heavy whipping cream