



Week 39 Meal Plan

EATING on a DIME

Monday



Slow Cooker
BBQ Beef

Tuesday



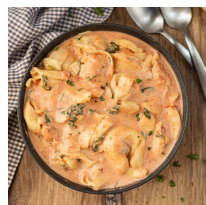
Chicken
Street Tacos

Wednesday



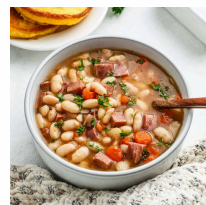
Chicken
Parmesan Pasta

Thursday



Crock Pot
Tortellini Soup

Friday



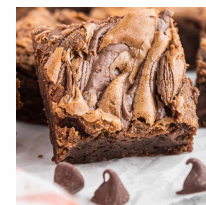
Crock Pot Ham
and Bean Soup

Breakfast



Pancake
Waffle Mix

Dessert



Nutella
Brownies

Shopping List

PROTEIN

- 3 lbs. roast
- 2 lbs. boneless, skinless chicken thighs
- 2 chicken breasts
- 2 eggs
- 1 lb. ham
- 6 large eggs

DAIRY

- 1 cup crema
- 2 cups shredded mozzarella cheese
- 1 cup shredded parmesan cheese
- 3/4 cup grated parmesan cheese

PRODUCE

- 2 tbsp. & 2 tsp. garlic
- 5 tbsp. lime juice
- 3 medium ripe tomatoes
- 1/2 red onion
- 1 jalapeño pepper
- 1/4 cup fresh cilantro
- 2 avocados
- lime wedges
- 1/4 fresh parsley
- 2 cups fresh spinach
- 1 cup carrots
- 1 cup celery
- 1/2 cup onion

- 2 cups heavy cream
- 3 1/4 cups whole milk
- 1/2 cup butter
- 1/3 cup unsalted butter

SEASONING

- 2 tbsp. & 3/4 tsp. salt
- 1 1/2 tsp. black pepper
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. smoked paprika
- 1 tsp. dried oregano
- 1 1/4 tsp. Italian seasoning
- 1 tsp. pepper
- 1 tsp. garlic powder

CANNED GOODS

- 36 oz. marinara sauce
- 1 28-oz. can crushed tomatoes

PANTRY STAPLES

- 1 cup beef broth
- 2 tbsp. Worcestershire sauce
- 2 cups BBQ sauce
- 1/4 cup olive oil
- 12-15 small corn tortillas
- 1 1/2 cups vegetable oil
- 1 1/2 cups all-purpose flour
- 2 cups Italian breadcrumbs
- 16 oz. penne pasta
- 12 oz. cheese tortellini
- 12 cups chicken broth
- 1 16-oz. package dry white beans
- 9 2/3 cups all-purpose flour
- 3 tbsp. baking powder
- 1/2 cup granulated sugar
- 3 tsp. vanilla extract
- 1/2 cup brown sugar
- 1 1/4 cups Nutella
- 3/4 cup semi-sweet chocolate chips