



# Week 42 Meal Plan

EATING on a DIME

## Monday



3 Packet Roast

## Tuesday



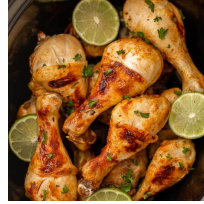
Grilled Salmon Tacos

## Wednesday



Crock Pot Chili

## Thursday



Crock Pot Chili Lime Chicken Drumsticks

## Friday



Blackened Mahi Mahi

## Breakfast



Crock Pot Oatmeal

## Dessert



Red Velvet Cookies

## Shopping List

### PROTEIN

- 3-4 lbs. rump roast
- 24-oz. salmon fillets (6-oz. each)
- 2 lbs. ground beef
- 12 chicken drumsticks
- 6 mahi mahi fillets
- 2 large eggs

### DAIRY

- 1/2 cup Cojita cheese
- 1 cup shredded cheddar cheese
- 1/2 cup sour cream
- 1 cup milk
- 1/2 cup unsalted butter

### BAKERY

- 8 6-inch flour tortillas

### PRODUCE

- 4 limes
- 2 Roma tomatoes
- 1/2 red onion
- 2 avocados
- 1/4 cup cilantro
- 1 cup red cabbage
- 1/2 onion
- 2 tsp. garlic

### CANNED GOODS

- 1 cup pineapple tidbits
- 28 oz. can of crushed tomatoes
- 2 cans kidney beans

### SEASONING

- 1-oz. packet ranch seasoning mix
- 1-oz. Italian dressing and recipe seasoning mix
- 1 tbsp. & 1 tsp. chili powder
- 1 1/2 tsp. paprika
- 1/2 tsp. cumin
- 2 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup chili seasoning
- 1 tsp. garlic salt
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1/4 tsp. cayenne pepper
- 1/4 tsp. oregano
- 1/2 tsp. ground cinnamon

### PANTRY STAPLES

- 1-oz. packet brown gravy mix
- 2 cups beef broth
- 2 tbsp. cornstarch
- 2 tbsp. cold water
- 4 tbsp. olive oil
- 2 tbsp. honey
- 2 tbsp. avocado oil
- 2 cups old-fashioned rolled oats
- 4 cups water
- 2 tbsp. maple syrup
- 3 tsp. vanilla extract
- 2 1/4 cups all-purpose flour
- 1/4 cup unsweetened cocoa powder
- 1 tsp. baking soda
- 3/4 cup light brown sugar
- 1/4 cup granulated sugar
- 2 tsp. red gel food coloring
- 1 cup white chocolate chips