



Week 43 Meal Plan

EATING on a DIME

Monday



Creamy Chicken Pasta

Tuesday



Crock Pot Chicken Taco Soup

Wednesday



Crock Pot Cheesy Bacon Chicken

Thursday



Blackened Salmon

Friday



White Lasagna Soup

Breakfast



Egg Muffins

Dessert



Mickey Mouse Cookies

Shopping List

PROTEIN

- 9 boneless, skinless chicken breasts
- 23 slices bacon
- 4 chicken breasts
- 4 salmon fillets
- 10 large eggs
- 2 egg whites

CANNED GOODS

- 2 15-oz. cans of White Northern Beans
- 1 10-oz. can diced tomatoes w/ green chiles

PRODUCE

- 1 tbsp. & 2 tsp. garlic
- 3 small tomatoes
- 3 cups fresh spinach
- 1 medium onion

DAIRY

- 2 tbsp. butter
- 1 cup heavy whipping cream
- 1 cup shredded parmesan cheese
- 1 1/2 cup shredded cheddar cheese
- 3/4 cup & 2 tbsp. unsalted butter
- 1 cup half & half
- 1/2 cup ricotta cheese
- 1 cup mozzarella cheese
- 1/4 cup parmesan
- 1/2 cup milk

SEASONING

- 1 tsp. paprika
- 4 tsp. Italian seasoning
- 3 tsp. salt
- 1 1/2 tsp. pepper
- 2 tbsp. taco seasoning
- 1/2 tsp. garlic salt
- 2 tbsp. blackening seasoning
- 1/2 tsp. black pepper

PANTRY STAPLES

- 3 tbsp. olive oil
- 16 oz. penne pasta
- 1 cup chicken broth
- 1/4 cup teriyaki sauce
- 1/2 cup ranch salad dressing
- 2 tbsp. vegetable oil
- 4 cups low sodium chicken broth
- 2 cups short dry pasta
- 2 tbsp. cornstarch
- 2 1/2 cups all-purpose flour
- 1 tsp. baking powder
- 1 cup granulated sugar
- 1 tsp. vanilla extract
- 1 cup powdered sugar
- 1/2 tsp. cream of tartar
- red & black gel food coloring
- 1 can crescent rolls