



Week 46 Meal Plan

EATING on a DIME

Monday



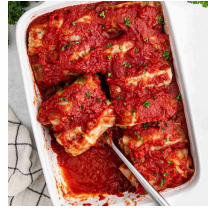
Chicken and Dumplings

Tuesday



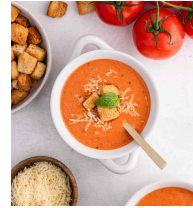
Instant Pot Taco Meat

Wednesday



Cabbage Rolls

Thursday



Tomato Soup

Friday



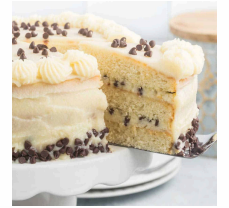
Pizza Pockets

Breakfast



Mixed Berry Smoothie

Dessert



Cannoli Cake

Shopping List

PROTEIN

- 2 lbs. boneless, skinless chicken breasts or thighs
- 2 1/2 lbs. lean ground beef
- 1 lb. ground pork
- 4 large eggs

DAIRY

- 1 cup & 9 tbsp. butter
- 1 1/2 cups half & half
- 2 cups whole milk
- 2/3 cup & 4 tbsp. unsalted butter
- 1 cup heavy whipping cream
- 1/3 cup shredded parmesan cheese
- 3/4 cup grated parmesan cheese
- 1/3 cup ricotta cheese
- 3/4 cup shredded mozzarella
- 1 cup unsweetened almond milk or milk of your choice
- 1/2 cup plain Greek yogurt
- 1 1/2 cups buttermilk
- 16 oz. whole milk ricotta cheese
- 16 oz. mascarpone cheese

PRODUCE

- 3 small yellow onion
- 2 medium carrots
- 2 sticks celery
- 2 tbsp. & 2 1/2 tsp. garlic
- 1/2 cup frozen peas
- 1/4 cup fresh parsley
- 1 head cabbage
- 1 onion
- 1/4 cup fresh basil
- 1 medium banana

SEASONING

- 4 1/2 tsp. salt
- 1 1/2 tsp. black pepper
- 2 1/2 tsp. dried thyme
- 3 tbsp. taco seasoning
- 2 tsp. Italian seasoning
- 1/2 tsp. pepper
- 1/4 tsp. dried rosemary
- 1/2 tsp. dried oregano
- 1/4 tsp. dried basil
- 1 1/2 cups frozen mixed berries

CANNED GOODS

- 1 cup salsa
- 3 28-oz. cans crushed tomatoes
- 15 oz. tomato sauce
- 1/3 cup marinara sauce

PANTRY STAPLES

- 2 tbsp. & 1 tsp. Worcestershire sauce
- 7 3/4 cups all-purpose flour
- 6 cups chicken broth
- 2 cups water
- 2 1/2 tbsp. & 1 tsp. baking powder
- 1 tbsp. olive oil
- 1 cup long grain white rice
- 2 tbsp. tomato paste
- 2 tbsp. brown sugar
- 1 tbsp. sugar
- 1 tsp. Better Than Bouillon chicken base
- 1 tbsp. honey
- 2 tbsp. & 1/2 tsp. vanilla extract
- ice cubes
- 1/2 tsp. baking soda
- 1 3/4 cups granulated sugar
- 4 cups powdered sugar
- 1 cup mini chocolate chips