



Week 47 Meal Plan

EATING on a DIME

Monday



Crockpot Sausage and Peppers

Tuesday



Baked Ziti

Wednesday



Crock Pot Lasagna Soup

Thursday



Chicken Enchilada Skillet

Friday



Sheet Pan Shrimp Fajitas

Breakfast



Chick-fil-A Breakfast Burrito

Dessert



S'mores Cake

Shopping List

PROTEIN

- 2 19-oz. pkg. Italian Sweet Sausages (the big links)
- 1 lb. Italian ground sausage
- 1 lb. ground beef
- 1 1/2 lbs. boneless, skinless chicken breasts
- 2 lbs. raw large shrimp
- 16 Chick-Fil-A chicken nuggets
- 6 large eggs

SEASONING

- 3 tbsp. Italian seasoning
- 2 3/4 tsp. salt
- 1/4 tsp. red pepper flakes
- 3/4 tsp. black pepper
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 2 tbsp. fajita seasoning

PRODUCE

- 2 red peppers
- 2 green peppers
- 1 large onion
- 10 tsp. garlic
- fresh basil
- 3 red bell peppers
- 1 1/2 medium onion
- 1 green bell pepper
- 1 yellow bell pepper
- 2 fresh limes
- 3 tbsp. chopped cilantro
- 1 16-oz. bag of Frozen Tator Tots

CANNED GOODS

- 1 8-oz. can tomato sauce
- 3 15-oz. cans crushed tomatoes
- 1 14.5-oz. can petite diced tomatoes
- 1 28-oz. can crushed tomatoes

DAIRY

- 1 1/2 cup ricotta cheese
- 3 cups shredded mozzarella cheese
- 1/4 cup grated parmesan cheese
- 1 cup shredded parmesan cheese
- 1 1/2 cups shredded Mexican blend cheese
- 1/4 cup milk
- 1/2 cup shredded cheddar cheese
- 1/2 cup shredded Monterey Jack cheese
- 1 tbsp. unsalted butter
- 1 14-oz. can sweetened condensed milk
- 2 8-oz. pkg. cream cheese
- 1 cup heavy whipping cream

PANTRY STAPLES

- 1 cup chicken broth
- 2 tsp. sugar
- 1 lb. ziti pasta
- 4 cups beef broth
- 12-oz. lasagna noodles
- 5 tbsp. olive oil
- 6 corn tortillas
- 4 10-inch flour tortillas
- 1 box white cake mix
- 14 regular marshmallows
- 1 cup chocolate chips
- 1/2 cup powdered sugar
- 2 tbsp. unsweetened cocoa powder
- graham crackers

BAKERY

- hotdog buns