



Week 48 Meal Plan

EATING on a DIME

Monday



Beef Roast

Tuesday



Crock Pot
Whole Chicken

Wednesday



Taco Bell
Quesarito

Thursday



Crock Pot Chicken
Parmesan Pasta

Friday



Crock Pot
Beef Tips

Breakfast



Cracker Barrel
Pancakes

Dessert



Lemon Truffles

Shopping List

PROTEIN

- 4-5 lbs. boneless top round roast
- 1 4-6 lbs. whole chicken
- 1 lb. ground beef
- 3 boneless, skinless chicken breasts
- 2 lbs. stew meat
- 2 large eggs

CANNED GOODS

- 1 cup chunky salsa
- 2 tsp. chipotle sauce from can of adobo peppers
- 1 cup nacho cheese sauce
- 1 28-oz. can crushed tomatoes
- 1 can cream of mushroom soup

PRODUCE

- 3 1/4 cups onions
- zest of 1 lemon
- 1/2 tsp. lemon extract

DAIRY

- 1 cup sour cream
- 2 cups shredded Mexican cheese blend
- 2 cups shredded mozzarella cheese
- 1/2 cup parmesan cheese
- 3 tbsp. butter
- 2 cups low-fat buttermilk 1% or less
- 1/3 cup heavy whipping cream

SEASONING

- 1 tbsp. kosher salt
- 3 3/4 tsp. black pepper
- 2 tsp. garlic powder
- 1 1/4 tsp. onion powder
- 4 1/4 tsp. salt
- 1 tsp. paprika
- 1 tbsp. & 1 tsp. Italian seasoning
- 1 tbsp. taco seasoning
- 1 tsp. garlic salt
- 1 1/2 tsp. cumin
- 1 tsp. chili powder

BAKERY

- 8 burrito-size flour tortillas

PANTRY STAPLES

- 9 tbsp. olive oil
- 3 cups beef broth or drippings
- 1/2 cup dry red wine
- 2 cups & 3 tbsp. all-purpose flour
- 2 tsp. Worcestershire sauce
- 1/4 cup water
- 1 1/2 cups uncooked white rice
- 2 cups chicken broth
- 1/2 tsp. sugar
- 1 lb. rotini pasta
- 1/2 cup breadcrumbs
- 2 tsp. baking soda
- 2 tbsp. granulated sugar
- 16-oz. white chocolate baking bar
- yellow food coloring
- 1/4 cup powdered sugar