



# Week 3 Meal Plan

EATING on a DIME

## Monday



Ravioli Lasagna

## Tuesday



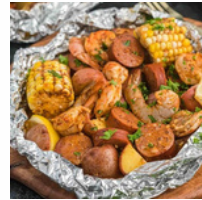
Baked Mexican Chicken

## Wednesday



Chick-fil-A Chicken Tenders

## Thursday



Shrimp Boil Foil Pack

## Friday



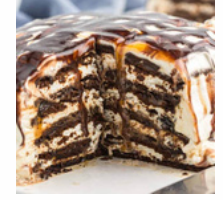
Sloppy Joe Quesadillas

## Breakfast



Pancake Muffins

## Dessert



Ice Cream Sandwich Cake

## Shopping List

### PROTEIN

- 2 lb. ground beef
- 4 chicken breasts
- 2 lbs. boneless chicken tenders
- 1 lb. large shrimp
- 12 oz. Smoked Andouille Sausage

### BREAD/BAKERY

- 4 Burrito Size Flour Tortillas 10-inch tortillas
- 1 box pancake mix

### CANNED GOODS

- 3 cans crushed tomatoes

### PRODUCE

- 1/2 cup tomatoes
- 1 large egg
- 2 ears of corn
- 1 lb. baby red potatoes
- 1 1/4tbsp. garlic
- 1 lemon
- fresh parsley
- 1/4 onion

### DAIRY

- 25 oz. frozen cheese ravioli
- 4 cups mozzarella cheese
- 1/2 cup parmesan cheese
- 2 cup cheddar cheese
- 1 cup milk

### SEASONING

- 1 tbsp. Italian seasoning
- 1 tbsp. garlic salt
- 1 tsp. paprika
- 2 tsp. cayenne pepper
- 1 1/2 tsp. pepper
- 2 tsp. salt
- 3 tbsp. old bay seasoning

- 4 tbsp. unsalted butter
- 1 cup Monterey Jack cheese
- 12 ice cream sandwiches
- 8 oz. container of Cool Whip

### PANTRY STAPLES

- 2 cups salsa
- 13 oz. bag of tortilla chips
- 1 cup dill pickle juice
- 1 cup all-purpose flour
- 1 tbsp. confectioner's sugar
- 1/4 cup peanut oil/canola oil
- 2 tbsp. olive oil
- 1/2 lemon juice
- 1/2 cup ketchup
- 2 tbsp. brown sugar
- 2 tbsp. yellow mustard
- chocolate chips/sprinkles
- 2 tbsp. yellow mustard
- chocolate syrup
- caramel syrup