



Week 5 Meal Plan

EATING on a DIME

Monday



Crock Pot Chicken Spaghetti

Tuesday



White Chicken Enchiladas

Wednesday



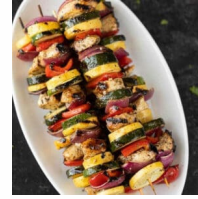
Dutch Oven Pot Roast

Thursday



Crock Pot Pork Chops and Gravy

Friday



Grilled Chicken Kabobs

Breakfast



Cinnamon Roll Cake

Dessert



Peanut Butter Balls

Shopping List

PROTEIN

- 5 chicken breasts
- 2 cup shredded chicken
- 3 lbs. beef chuck roast
- 6 pork chops
- 2 eggs

PRODUCE

- 1 1/2 yellow onion
- 2 1/2 tbsp. garlic
- fresh cilantro
- 4 carrots
- 1 1/2 lbs. baby yellow potatoes
- 1 red onion
- 1 zucchini
- 1 yellow squash
- 1 red bell pepper
- 1 lemon

CANNED GOODS

- 1 10 oz. can diced tomatoes with green chilies
- 2 cans cream of chicken soup
- 1 can cream of mushroom soup
- 1 4-oz. can diced green chilies

BREAD/BAKERY

- 10 8-inch flour tortillas

PANTRY STAPLES

- 1 pack 16 oz. spaghetti
- 3/4 cup sugar
- 2 tsp. honey
- 3 3/8 cup all-purpose flour
- 3 cups chicken broth
- 2 tbsp. olive oil
- 2 cups beef broth

DAIRY

- 4 oz. cream cheese
- 2 cups shredded cheddar cheese
- 1 5/6 cup butter
- 1 cup sour cream
- 2 cups shredded Monterey Jack cheese
- 1 3/4 cup milk

SEASONING

- 3 tsp. Italian seasoning
- 1/2 tsp. dried rosemary
- 2 bay leaves
- 3 3/4 tsp. salt
- 3 tsp. pepper
- 4 cup powdered sugar
- 4 tsp. baking powder
- 3 1/2 tsp. vanilla
- 1/2 cup brown sugar
- 12 oz. bag chocolate chips
- 2 tbsp. shortening
- 1 1/2 cup creamy peanut butter

- 1 cup red wine
- 2 tsp. Worcestershire sauce
- 1 packet pork gravy mix
- 2 tbsp. cornstarch
- 1/4 cup water
- 1/4 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 1 tbsp. cinnamon