



Week 41 Meal Plan

EATING on a DIME

Monday



Slow Cooker
BBQ Beef

Tuesday



Fajitas

Wednesday



Beef and
Broccoli

Thursday



Hawaiian Roll
Pizza Sliders

Friday



King Ranch
Chicken Casserole

Breakfast



Chocolate
Zucchini Bread

Dessert



Strawberry
Lemonade Cookies

Shopping List

PROTEIN

- 3 lbs. roast
- 3 boneless, skinless chicken breasts
- 2 lbs. flank steak
- 24 slices pepperoni
- 1/2 cup ground sausage
- 3 cups cooked & shredded chicken
- 6 eggs

PRODUCE

- 2 tbsp. garlic
- 1 medium onion
- 3 bell peppers (2 red, 1 yellow, & 1 green)
- 1 lime
- 2 cups broccoli
- 1 small onion
- 2 cups shredded zucchini

SEASONING

- 1 1/2 tsp. salt
- 1 1/4 tsp. black pepper
- 1 tbsp. & 2 tsp. chili powder
- 1 tsp. ground cumin
- 1/2 tsp. paprika
- 1/2 tsp. Kosher salt
- 1/2 tsp. onion powder
- 1 1/2 tsp. garlic powder
- 1/2 tsp. cayenne pepper
- 1 tsp. garlic salt
- 1 tsp. Italian seasoning

BAKERY

- tortillas
- 1 package Hawaiian dinner rolls (12-count)
- 12 corn tortillas

DAIRY

- sour cream
- 2 cups shredded mozzarella cheese
- 1/4 cup butter
- 1 tbsp. grated parmesan cheese
- 2 cups shredded cheddar cheese
- 8 tbsp. unsalted butter
- 1 tbsp. milk

PANTRY STAPLES

- 1 cup beef broth
- 2 tbsp. Worcestershire sauce
- 2 cups BBQ sauce
- 3 tbsp. olive oil
- 2/3 cup & 2 tbsp. vegetable oil
- 3 tbsp. cornstarch
- 3 tbsp. cold water
- 6 cups white rice
- 3 tbsp. brown sugar

CANNED GOODS

- pico de gallo
- guacamole
- 3/4 cup pizza sauce
- 1 10.75-oz. can cream of mushroom soup
- 1 10.75-oz. can cream of chicken soup
- 1 10-oz. can diced tomatoes w/ green chilies

- 2 tbsp. rice vinegar
- 1/2 cup soy sauce
- 1/2 cup chicken broth
- 1 3/4 cups all-purpose flour
- 1/3 cup unsweetened cocoa powder Dutch processed
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1 cup granulated sugar
- 2 tsp. vanilla extract

- 1 cup semi-sweet chocolate chips
- 1 15.25-oz. strawberry cake mix
- 1 15.25-oz. lemon cake mix
- 2 tsp. lemon juice
- 2 cups powdered sugar