



# Week 49 Meal Plan

EATING on a DIME

## Monday



Oven Baked Pork Chops

## Tuesday



Cheesecake Factory Chicken Carbonara

## Wednesday



Crock Pot Chicken and Stuffing

## Thursday



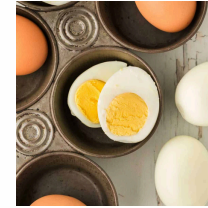
Crock Pot Chicken Wings

## Friday



Crock Pot Beef and Broccoli

## Breakfast



Boiled Eggs in the Oven

## Dessert



S'mores Cookies

## Shopping List

### PROTEIN

- 6 1-inch boneless pork chops
- 4 slices bacon
- 5 eggs, and more for boiling
- 2 lbs. boneless, skinless chicken breasts
- 4 lbs. chicken wings
- 2 lbs. round steak

### DAIRY

- 1/2 lb. & 2 tbsp. butter
- 3/4 cup grated parmesan cheese
- 1 12-oz. can evaporated milk
- 1 cup sour cream

### CANNED GOODS

- 1 10.5-oz. can cream of chicken soup

### PRODUCE

- 1 cup frozen peas
- 1 tbsp. & 2 tsp. garlic
- 2 tbsp. Italian parsley
- 1 12-oz. bag frozen green beans
- 1 broccoli crown

### PANTRY STAPLES

- 2 tbsp. extra virgin olive oil
- 8 oz. spaghetti noodles
- 2 tbsp. flour
- 1 6-oz. box Stove Top chicken boxed stuffing
- 1 1/2 cups buffalo sauce
- 1 1/3 cup brown sugar
- 1 cup beef broth
- 2 tbsp. sesame oil

### SEASONING

- 2 3/4 tsp. salt
- 2 tsp. black pepper
- 1 tsp. paprika
- 1 1/2 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. garlic salt
- 1/2 cup low-sodium soy sauce
- 1 tbsp. sesame seeds

- 2 tbsp. cornstarch
- 2 tbsp. cold water
- 1 1/2 cup flour
- 1 1/2 cup graham crackers
- 1/4 tsp. baking powder
- 3/4 cup white sugar
- 1 tsp. vanilla
- 1 cup chocolate chips
- 64 mini marshmallows