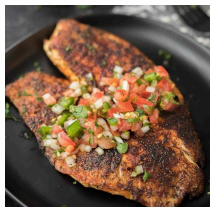




Week 53 Meal Plan

EATING on a DIME

Monday



Blackened
Tilapia

Tuesday



Wonton
Taco Cups

Wednesday



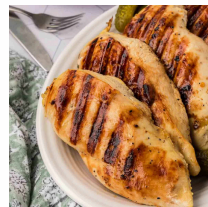
Crock Pot
Angel Chicken

Thursday



Crock Pot Pork Chops
and Potatoes

Friday



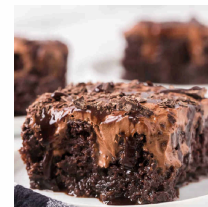
Pickle Juice
Marinade

Breakfast



Pound Cake
French Toast

Dessert



Chocolate
Pound Cake

Shopping List

PROTEIN

- ☐ 4 tilapia filets
- ☐ 1 lb. ground beef
- ☐ 8 boneless, skinless chicken breasts
- ☐ 6 boneless pork chops
- ☐ 2 eggs

DAIRY

- ☐ 2 cups cheddar cheese
- ☐ 4 oz. cream cheese
- ☐ 3/4 cup milk
- ☐ 3 tbsp. butter
- ☐ 14 oz. sweetened condensed milk
- ☐ 2 cups heavy whipping cream

PRODUCE

- ☐ 1/2 onion
- ☐ 2 tsp. minced garlic
- ☐ 4 Russet potatoes
- ☐ 8 oz. baby carrots

CANNED GOODS

- ☐ 1 10-oz. can diced tomatoes w/ green chilies
- ☐ 1 10.5-oz. can cream of chicken soup
- ☐ 1 28-oz. can crushed tomatoes

SEASONING

- ☐ 2 tbsp. blackening seasoning
- ☐ 1 tbsp. Italian seasoning
- ☐ 1 tsp. garlic salt
- ☐ 2 1/2 tsp. salt
- ☐ 1 1/2 tsp. black pepper
- ☐ 1/4 tsp. red pepper flakes
- ☐ 1/2 tsp. cinnamon

BAKERY

- ☐ 1 pkg Sara Lee Pound Cake slices
- ☐ 1 box Devil's Food chocolate cake mix

PANTRY STAPLES

- ☐ 2 tbsp. vegetable oil
- ☐ 4 tbsp. taco seasoning
- ☐ 1/4 cup water
- ☐ 24 wonton wrappers
- ☐ 1 7-oz. packet Italian dressing mix
- ☐ 3 3/4 cup chicken broth
- ☐ 16 oz. angel hair pasta
- ☐ 1 1/2 cup dill pickle juice
- ☐ 1 tbsp. brown sugar
- ☐ 1/2 tsp. vanilla extract
- ☐ 1 cup powdered sugar
- ☐ 1 cup chocolate sauce
- ☐ 1/2 cup cocoa powder
- ☐ chopped chocolate