



# Week 56 Meal Plan

EATING on a DIME

## Monday



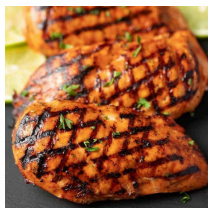
Ground Beef  
Stroganoff

## Tuesday



Crock Pot  
Mexican Casserole

## Wednesday



Catalina Glazed  
Grilled Chicken

## Thursday



Pork  
Fried Rice

## Friday



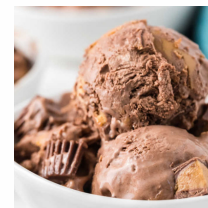
Ultimate  
Chicken Casserole

## Breakfast



Fried Egg  
Sandwich

## Dessert



Reese's Peanut Butter  
Ice Cream

## Shopping List

### PROTEIN

- ☐ 2 lbs. lean ground beef
- ☐ 3 lbs. chicken breasts
- ☐ 1 1/2 lbs. pork tenderloin
- ☐ 7 large eggs
- ☐ 2 cups cooked chicken
- ☐ 6 strips of bacon
- ☐ 4 strips thick-cut bacon

### DAIRY

- ☐ 1/2 cup sour cream
- ☐ 3 cups shredded cheddar cheese
- ☐ 1 cup milk
- ☐ 2 tbsp. butter
- ☐ 2 slices American cheese slice
- ☐ 2 slices cheddar cheese slice
- ☐ 2 cups heavy whipping cream

### PRODUCE

- ☐ 1 1/2 onion
- ☐ 1 tbsp. & 3 tsp. garlic
- ☐ 1/4 fresh parsley
- ☐ 1/4 cup cilantro
- ☐ 1 Roma tomato
- ☐ 1 cup frozen peas and diced carrots blend
- ☐ sliced green onions
- ☐ 1 1/2 cups frozen corn
- ☐ 1 cup french fried onions

### BAKERY

- ☐ 12 corn tortillas
- ☐ 4 pcs. sourdough bread

### SEASONING

- ☐ 1 tbsp. Worcestershire sauce
- ☐ 3 tsp. salt
- ☐ 3 1/2 tsp. black pepper
- ☐ 1 tbsp. taco seasoning
- ☐ 3 tbsp. soy sauce

### CANNED GOODS

- ☐ 16 oz. sliced mushrooms
- ☐ 2 10-oz. cans red enchiladas sauce
- ☐ 1 10-oz. can Rotel
- ☐ 1 can black beans
- ☐ 1 can corn
- ☐ 2 10-oz. cans cream of chicken soup
- ☐ 14-oz. sweetened condensed milk

### PANTRY STAPLES

- ☐ 1/4 cup all-purpose flour
- ☐ 2 cups beef broth
- ☐ egg noodles
- ☐ 1 1/2 cup Catalina salad dressing
- ☐ 2 tbsp. sesame oil
- ☐ 2 tbsp. vegetable oil
- ☐ 4 cups cooked rice
- ☐ 12 oz. wide egg noodles
- ☐ 1/2 cup peanut butter
- ☐ 1/2 cup unsweetened cocoa powder
- ☐ Small bag of Reese's Miniatures (about 40 mini Reese's)