



Week 70 Meal Plan

EATING on a DIME

Monday



Slow Cooker
Chicken Stroganoff

Tuesday



Grilled Teriyaki
Steak

Wednesday



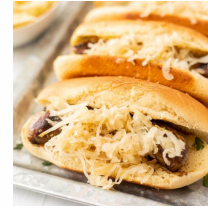
Slow Cooker Chicken
Tikka Masala

Thursday



Skillet Salsa
Chicken

Friday



Grilled Brats

Breakfast



Hawaiian Roll
Cinnamon Rolls

Dessert



Blackberry
Cobbler

Shopping List

PROTEIN

- 8 boneless, skinless chicken breasts
- 4 sirloin steaks
- 2 lbs. boneless, skinless chicken thighs
- 6 bratwursts

DAIRY

- 12 oz. cream cheese
- 1/3 cup heavy cream
- 1 cup shredded cheddar cheese
- 1 cup butter
- 1 cup & 2 tbsp. milk
- vanilla ice cream, for serving

PRODUCE

- 8 oz. sliced mushrooms
- 4 tsp. minced garlic
- 1/2 yellow onion
- 1 tbsp. grated fresh ginger
- 1/4 bunch fresh cilantro
- 2 cups fresh blackberries

BAKERY

- 6 bratwurst buns
- 1 12-count pkg. King's Hawaiian Rolls

SEASONING

- 3 tsp. black pepper
- 1/2 cup low-sodium soy sauce
- 1/4 cup rice wine vinegar
- 1/2 tsp. ground ginger
- 1 1/2 tbsp. garam masala
- 1/2 tsp. cumin
- 1/2 tsp. turmeric
- 1/2 tsp. paprika
- 1 1/4 tsp. salt
- 2 tsp. ground cinnamon

CANNED GOODS

- 1 10.5-oz. cream of chicken soup
- 15-oz. tomato sauce
- 1 cup salsa
- sauerkraut, optional

PANTRY STAPLES

- 1 pkg. dry onion soup mix
- 12 oz. large egg noodles
- 3/4 cup brown sugar
- 1/4 cup honey
- 4 cups cooked rice
- 1/2 cup water
- 1 cup powdered sugar
- 1 tsp. vanilla extract
- 1 cup all-purpose flour
- 1 cup granulated sugar
- 2 tsp. baking powder
- 2 tbsp. coarse sugar