



Week 74 Meal Plan

EATING on a DIME

Monday



Chicken Alfredo Bake

Tuesday



Chicken Tortilla Soup

Wednesday



Crock Pot Chicken Gnocchi Soup

Thursday



Slow Cooker Sweet and Sour Chicken

Friday



Calzone

Breakfast



Chorizo Breakfast Burrito

Dessert



Hawaiian Roll Cinnamon Rolls

Shopping List

PROTEIN

- 3 cups diced cooked chicken
- 2 1/2 lb. chicken breasts
- 1 lb. boneless, skinless chicken breasts
- 24 pepperoni slices
- 8 oz. Mexican chorizo
- 8 large eggs

DAIRY

- 1/2 cup & 2 tbsp. butter
- 2 cups whole milk
- 2 1/2 cups heavy cream
- 1 cup & 1 tbsp. grated parmesan cheese
- 2 1/2 cups shredded mozzarella cheese
- 1 cup shredded cheddar cheese
- 1 cup Monterey Jack
- 4 oz. cream cheese
- 2 tbsp. milk

PRODUCE

- 1 tbsp. & 5 tsp. minced garlic
- 1 medium onion
- 1 jalapeño pepper
- 1 cup frozen corn
- 1/2 cup cilantro
- 1 lime
- 2 stalks celery
- 1 large carrot
- 2 onions
- 1 cup fresh baby spinach
- 1 red bell pepper
- 1 1/2 green bell pepper
- 1 yellow bell pepper
- 1/2 red onion
- 2 russet potatoes

CANNED GOODS

- 10. oz. Rotel diced tomatoes w/ green chilies
- 15 oz. crushed tomatoes

SEASONING

- 4 1/2 tsp. salt
- 2 tsp. black pepper
- 2 tsp. ground cumin
- 2 tsp. chili powder
- 1 tsp. dried thyme leaves
- 2 1/2 tsp. Italian seasoning
- 1 tsp. poultry seasoning
- 3 tbsp. soy sauce
- 1 tsp. ground ginger
- 1/2 cup white wine vinegar
- 1 tsp. garlic salt
- 2 tsp. ground cinnamon
- 1 tsp. vanilla extract

- 14 oz. black beans
- 15 oz. pineapple chunks in juice
- 1/2 cup pizza sauce
- 1 cup salsa

PANTRY STAPLES

- 16 oz. penne pasta
- 2 tbsp. all-purpose flour
- 1/4 cup & 2 tbsp. olive oil
- 8 cups chicken broth
- 2 cups water
- 3 tbsp. cornstarch
- 1 lb. gnocchi
- 1/2 cup ketchup
- 1/2 cup honey
- 3 tbsp. cornstarch
- 1/4 cup cold water
- 1/2 cup brown sugar
- 1 cup powdered sugar

BAKERY

- 8 6-inch corn tortillas
- 1 lb. pizza dough
- 4 large flour tortillas
- 1 12-count pkg. King's Hawaiian rolls