



Week 76 Meal Plan

EATING on a DIME

Monday



Buffalo Chicken Meatballs

Tuesday



Pumpkin Chili

Wednesday



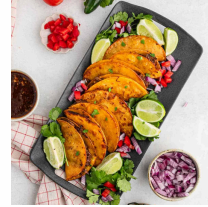
Italian Crescent Casserole

Thursday



Chicken & Dumpling w/ Biscuits

Friday



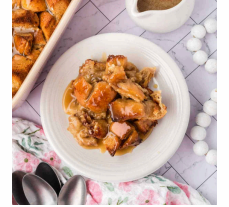
Crock Pot Birria Tacos

Breakfast



Pumpkin Waffles

Dessert



Bread Pudding

Shopping List

PROTEIN

- 1 lb. ground chicken
- 3 large eggs
- 2 lbs. ground beef
- 2-3 boneless, skinless chicken breasts
- 3 lbs. beef chuck roast
- 5 eggs

DAIRY

- 1 cup sour cream
- 2 cups shredded cheddar cheese
- 1 1/2 cups shredded Italian cheese blend
- 1/3 cup & 10 tbsp. butter
- 1 1/2 cups milk
- 1 1/4 cups heavy cream
- 1 1/2 cups whole milk

PRODUCE

- 1/4 cup celery
- 3 3/4 cups onion
- 4 tsp. minced garlic
- 1 tbsp. fresh parsley
- 1 red bell pepper
- 2 jalapeños
- 1 zucchini
- 4 garlic cloves
- cilantro and diced onion for garnish

CANNED GOODS

- 1 15-oz. can & 1 cup pumpkin purée
- 1 29-oz. can tomato sauce
- 2 15-oz. cans pinto beans
- 1 28-oz. can crushed tomatoes
- 1 14.5-oz. can diced tomatoes

SEASONING

- 1 tsp. paprika
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 3 1/4 tsp. salt
- 2 1/4 tsp. black pepper
- 2 tbsp. chili powder
- 1/4 tsp. garlic salt
- 1/4 tsp. Italian seasoning
- 1/4 tsp. poultry seasoning
- 3 dried guajillo chilies
- 2 dried ancho chilies
- 1 tbsp. dried oregano
- 2 tsp. ground cumin
- 2 bay leaves
- 2 tsp. pumpkin pie spice
- 3 1/2 tsp. vanilla extract
- 1 tsp. ground cinnamon

PANTRY STAPLES

- 1/4 cup breadcrumbs
- 1-1 1/2 cups buffalo sauce
- 4 cups beef broth
- 4 cups water
- 4 cups chicken broth
- 2 1/2 cups all-purpose flour
- 2 tbsp. apple cider vinegar
- oil, for frying
- 1/2 cup granulated sugar
- 1 tbsp. baking powder
- 3/4 cup light brown sugar

BAKERY

- 1 can refrigerated crescent dinner rolls
- 1 can Pillsbury biscuits w/ layers
- corn tortillas
- 10 cups stale French bread