



Week 78 Meal Plan

EATING on a DIME

Monday



Crock Pot
Potato Soup

Tuesday



Crock Pot
Lemon Chicken

Wednesday



Hamburger Rice
Casserole

Thursday



Chicken
Fajita Soup

Friday



Creamy Chicken
Alfredo

Breakfast



Chick-fil-A
Breakfast Bowl

Dessert



Saltine Cracker
Toffee

Shopping List

PROTEIN

- 6 boneless, skinless chicken breasts
- 1 lb. ground beef
- 7 chicken breasts
- 16 Chick-fil-A chicken nuggets
- 6 large eggs

DAIRY

- 2 1/8 cups butter
- 1 cup heavy cream
- 1/3 cup sour cream
- 1 cup half & half
- 1 cup shredded parmesan cheese
- 2 1/2 cups shredded cheddar cheese

PRODUCE

- 5 large Russet potatoes
- 1 small onion
- 2 tbsp. & 3 tsp. minced garlic
- 2 lemons
- 1 large onion
- 3 bell peppers
- 1 lime
- 2 cups heavy whipping cream
- 1 1/2 cups grated parmesan cheese
- 1/4 cup milk
- 1/2 cup shredded Monterey Jack cheese

SEASONING

- 3 3/4 tsp. salt
- 2 1/2 tsp. black pepper
- 1 tsp. Italian seasoning
- 1 tsp. garlic salt
- 1 tsp. onion powder
- 1 tsp. smoked paprika
- 2 tbsp. fajita seasoning
- 1 tsp. ground cumin
- 1 tsp. chili powder

CANNED GOODS

- 1 10.5-oz. can cream of mushroom soup
- 2 14.5-oz. cans diced tomatoes
- 1 4-oz. can diced green chiles

PANTRY STAPLES

- 8 cups chicken broth
- 1 tbsp. Xanthan Gum
- 2 tbsp. cornstarch
- 1 cup uncooked long grain white rice
- 2 cups beef broth
- 2 tbsp. olive oil
- 12 oz. fettuccine noodles
- 1 16-oz. bag frozen tater tots
- 40 Saltine Crackers
- 1 cup packed brown sugar
- 1 11.5-oz. pkg. chocolate chips