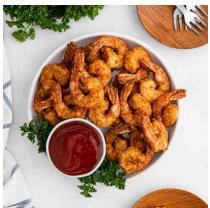




Week 79 Meal Plan

EATING on a DIME

Monday



Fried Shrimp

Tuesday



Chicken Cobbler

Wednesday



Pulled Pork
Chili

Thursday



Mexican Chicken
Soup

Friday



Tamale Pie

Breakfast



Copycat Cinnabon
Cinnamon Rolls

Dessert



Chocolate Chip
Walnut Cookies

Shopping List

PROTEIN

- ☐ 1 lb. large shrimp, tail on
- ☐ 6 large eggs
- ☐ 4 cups cooked chicken
- ☐ 2 lbs. boneless pork roast
- ☐ 2 boneless chicken breasts
- ☐ 1 1/2 lbs. ground beef
- ☐ 2 eggs

PRODUCE

- ☐ 12oz. frozen peas & carrots
- ☐ 4 tsp. minced garlic
- ☐ 1 small onion
- ☐ 1 onion
- ☐ 2 stalks celery
- ☐ 2 carrots
- ☐ 1 cup frozen corn
- ☐ 1 jalapeño pepper
- ☐ 2 tbsp. fresh cilantro
- ☐ 1/2 red bell pepper
- ☐ 1/2 green bell pepper

SEASONING

- ☐ 2 tsp. garlic powder
- ☐ 2 tsp. Creole/Cajun seasoning
- ☐ 3 tsp. paprika
- ☐ 5 5/8 tsp. salt
- ☐ 2 1/2 tsp. black pepper
- ☐ 6 tsp. cumin
- ☐ 1 tbsp. chili powder
- ☐ 1/4 tsp. cayenne pepper
- ☐ 1 tsp. ground coriander
- ☐ 1 tbsp. ancho chili powder
- ☐ 3 tbsp. ground cinnamon
- ☐ 3 tsp. vanilla extract

DAIRY

- ☐ 3 1/6 cups milk
- ☐ 1 1/6 cup & 6 tbsp. butter
- ☐ 2 cups shredded cheddar cheese
- ☐ 1 cup sour cream
- ☐ 1 cup warm milk
- ☐ 11/12 cup unsalted butter
- ☐ 4 oz. cream cheese

CANNED GOODS

- ☐ 1 10.5-oz. can cream of chicken soup
- ☐ 1 15-oz. can red kidney beans
- ☐ 1 15-oz. can pinto beans
- ☐ 1 28-oz. can crushed tomatoes

PANTRY STAPLES

- ☐ 1 tbsp. hot sauce
- ☐ 8 1/2 cups all-purpose flour
- ☐ 1/2 vegetable oil (& more for frying)
- ☐ 7 cups chicken broth
- ☐ 1 11.36-oz. box Cheddar Bay Biscuit Mix
- ☐ Seasoning packet from the Cheddar Bay Biscuit Mix
- ☐ 1/2 cup barbecue sauce
- ☐ 2 cups beef broth
- ☐ 1 tbsp. olive oil
- ☐ tortilla strips, for topping
- ☐ 3/4 cup water

- ☐ 1 14.5-oz. ca diced tomatoes w/ green chiles
- ☐ 1 can diced tomatoes
- ☐ 1 can diced green chilies
- ☐ 1 can whole kernel corn
- ☐ 1 can black beans

- ☐ 2 jiffy corn bread mix
- ☐ 1 1/4-oz. pack active dry yeast
- ☐ 1 1/2 cup granulated sugar
- ☐ 2 cups brown sugar
- ☐ 1 cup powdered sugar
- ☐ 2 tsp. cornstarch
- ☐ 1 tsp. baking soda
- ☐ 1 cup milk chocolate chips
- ☐ 3/4 cup chopped walnuts