



Week 80 Meal Plan

EATING on a DIME

Monday



Chicken Vegetable Soup

Tuesday



Alice Springs Chicken

Wednesday



Stuffed Pepper Soup

Thursday



Biscuit Pizzas

Friday



Sweet and Sour Meatballs

Breakfast



Banana Bread French Toast

Dessert



Cherry Dump Cake

Shopping List

PROTEIN

- ☐ 2 cups cooked chicken
- ☐ 4 boneless, skinless chicken breasts
- ☐ 8 slices bacon
- ☐ 1 lb. ground beef
- ☐ 60 slices pepperonis
- ☐ 1 24- to 28-oz. bag frozen meatballs
- ☐ 4 large eggs

DAIRY

- ☐ 2 cups shredded Colby Jack cheese
- ☐ shredded cheddar cheese, for serving
- ☐ 3 cups shredded mozzarella cheese
- ☐ 1 cup whole milk
- ☐ 2 tbsp. butter
- ☐ 1/2 cup unsalted butter

PRODUCE

- ☐ 1 large onion
- ☐ 2 tbsp. & 2 tsp. minced garlic
- ☐ 3 medium carrots
- ☐ 3 celery stalks
- ☐ 2 medium potatoes
- ☐ 1 cup green beans
- ☐ 2 tbsp. fresh parsley
- ☐ 8 oz. sliced mushrooms
- ☐ 1 1/2 medium onion
- ☐ 2 red bell peppers
- ☐ 1 green bell pepper
- ☐ 1 yellow bell pepper
- ☐ 2 green onions

BAKERY

- ☐ 2 7.5-oz cans biscuits
- ☐ 8 slices banana bread

SEASONING

- ☐ 1 tsp. dried thyme
- ☐ 1 tsp. dried oregano
- ☐ 3 tsp. salt
- ☐ 1 1/4 tsp. black pepper
- ☐ 2 bay leaves
- ☐ 1 tbsp. white vinegar
- ☐ 1/4 tsp. garlic powder
- ☐ 1/4 tsp. paprika
- ☐ 2 tsp. Italian seasoning
- ☐ 1 tbsp. Worcestershire sauce
- ☐ 1/2 cup rice vinegar
- ☐ 1/4 cup soy sauce
- ☐ 2 tsp. vanilla extract
- ☐ 1 tsp. cinnamon

CANNED GOODS

- ☐ 1 cup corn kernels
- ☐ 1 14.5-oz. can diced tomatoes
- ☐ 1 14.5-oz. can petite diced tomatoes
- ☐ 1 15-oz. can tomato sauce

PANTRY STAPLES

- ☐ 2 tbsp. olive oil
- ☐ 6 cups chicken broth
- ☐ 1/2 cup mayonnaise
- ☐ 1/4 cup honey
- ☐ 1/4 cup Dijon mustard
- ☐ 4 cups beef broth
- ☐ 1 cup uncooked white rice
- ☐ 1/2 cup brown sugar
- ☐ 1/4 cup ketchup
- ☐ 1/3 cup water
- ☐ 2 tbsp. cornstarch
- ☐ 1 box yellow cake mix
- ☐ 1 1/2 cups pizza sauce
- ☐ 1 8-oz. can pineapple chunks in juice
- ☐ 2 21-oz. cans cherry pie filling