



Week 81 Meal Plan

EATING on a DIME

Monday



Stuffed Pepper Casserole

Tuesday



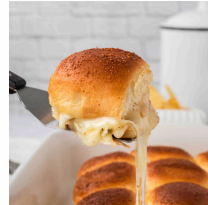
Mexican Chicken and Rice Casserole

Wednesday



Chicken Fettuccine Alfredo

Thursday



Turkey and Cheese Sliders

Friday



Sausage Tortellini Soup

Breakfast



Crock Pot Cinnamon Roll Casserole

Dessert



French Silk Pie

Shopping List

PROTEIN

- 1 1/2 lbs. lean ground beef
- 3 1/2 lbs. chicken breasts
- 12 oz. sliced deli turkey
- 1 lb. ground Italian sausage
- 4 eggs
- 4 large eggs

DAIRY

- 1 1/2 cups shredded mozzarella cheese
- 2 cups shredded Mexican cheese blend
- 3 tbsp. butter
- 3 cups half and half

PRODUCE

- 1/2 yellow onion
- 1 green bell pepper
- 1 red bell pepper
- 3 tbsp. & 2 tsp. minced garlic
- 2 1/2 tbsp. fresh parsley
- 1/2 onion
- 1 cup frozen corn
- 1 small yellow onion
- 2 cups kale

- 1 cup fresh grated parmesan cheese
- 6 slices mozzarella cheese
- 3 1/3 cups heavy cream
- 1/2 cup milk
- 10 tbsp. unsalted butter

SEASONING

- 3 tsp. Italian seasoning
- 4 tsp. salt
- 2 tsp. black pepper
- 1 tbsp. Worcestershire sauce
- 2 tbsp. taco seasoning
- 1/4 tsp. paprika
- 1/2 tsp. garlic salt
- 1/4 tsp. red pepper flakes
- 4 tsp. vanilla extract
- 1 tsp. cinnamon

CANNED GOODS

- 14 oz. diced tomatoes
- 1 10-oz. can diced tomatoes w/ green chiles
- 1 15-oz. can black beans

PANTRY STAPLES

- 3 tbsp. olive oil
- 2 cups long grain white rice
- 2 cups beef broth
- 5 1/2 cups chicken broth
- 1 cup all-purpose flour
- 12 oz. fettuccine pasta
- 1 cup water
- 9-oz. 3-cheese tortellini
- 3 tbsp. maple syrup
- 1 1/3 cups granulated sugar
- 8 oz. bittersweet chocolate
- 2 tbsp. & 4 tsp. powdered sugar

BAKERY

- 12 King's Hawaiian Dinner Rolls
- 2 12-oz. cans cinnamon rolls
- 1 9-inch deep dish pie crust