



Week 82 Meal Plan

EATING on a DIME

Monday



White Bean
Turkey Chili

Tuesday



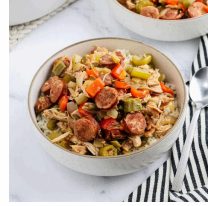
Taco Pie

Wednesday



Crockpot
Stuffed Peppers

Thursday



Chicken Gumbo

Friday



John Wayne
Casserole

Breakfast



Eggnog
French Toast

Dessert



Starbucks Brownies

Shopping List

PROTEIN

- 2 lbs. 93% lean ground turkey
- 4 1/2 lbs. ground beef
- 24 oz. Andouille sausage links
- 2 lbs. boneless, skinless chicken thighs
- 6 eggs
- 2 large eggs

DAIRY

- 2 cups sour cream
- shredded Monterrey Jack or Pepper Jack cheese
- 2 cups shredded Colby Jack cheese
- 1/2 cup butter
- 1 cup shredded cheddar cheese
- 1 cup eggnog
- 1/2 cup unsalted butter

PRODUCE

- 2 small onions
- 2 tbsp. & 4 tsp. minced garlic
- 1 cup frozen corn
- 1 fresh jalapeño
- 1/2 cup cilantro
- 1 avocado
- 1/2 white onion
- 6 bell peppers
- 2 onions
- 1 green bell pepper
- 2 red bell peppers
- 3 celery sticks
- 12 oz. frozen cut okra, or 12 fresh okras

BAKERY

- 9-inch premade pie crust
- 1 16-oz. can large biscuits
- 8 slices of thick bread

SEASONING

- 2 1/4 tsp. salt
- 1/2 tbsp. cumin
- 1/2 tsp. oregano
- 1 tsp. chili powder
- 2 1-oz. packets of taco seasoning
- 1/2 tsp. pepper
- 1/2 tbsp. creole seasoning
- 2 bay leaves
- 1/2 tbsp. gumbo filé powder
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 2 tsp. vanilla extract

CANNED GOODS

- 1 4.5-oz. can diced green chilies
- 3 cans cannellini or great northern beans
- 1/2 cup salsa

PANTRY STAPLES

- 2 tbsp. olive oil
- 9 cups chicken broth
- 1/2 cup uncooked white rice
- 1/4 cup brown sugar
- 1 cup all-purpose flour
- 3/4 cup water
- 1/2 cup mayonnaise
- 1 cup granulated sugar
- 1/2 cup unsweetened cocoa powder
- 2 cups semi-sweet chocolate chips

- 2 10-oz. can diced tomatoes with green chilies
- 6-oz. tomato paste