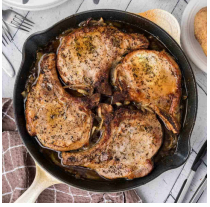




Week 83 Meal Plan

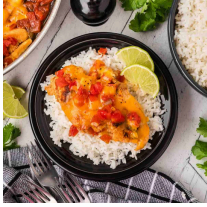
EATING on a DIME

Monday



Baked Pork Chops

Tuesday



Tex Mex Chicken

Wednesday



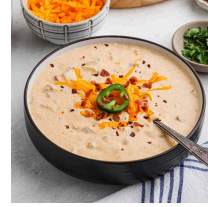
Chicken and Rice Soup

Thursday



Texas Roadhouse Grilled Shrimp

Friday



Jalapeño Popper Soup

Breakfast



Biscuits and Gravy

Dessert



Banana Bread Brownies

Shopping List

PROTEIN

- 4 bone-in pork chops, 1-inch thick
- 6 boneless, skinless chicken breasts
- 1 lb. large raw shrimp
- 8 slices bacon
- 1 lb. breakfast sausage
- 2 large eggs

DAIRY

- 1/2 cup & 7 tbsp. butter
- 2 cups heavy cream
- 16 oz. cream cheese
- 2 cups shredded cheddar cheese
- 2 1/2 cups whole milk
- 1 cup sour cream
- 1/4 cup milk

PRODUCE

- 3 large onions
- 2 sticks celery
- 3 medium carrots
- 3 tbsp. minced garlic
- 1 1/4 tbsp. fresh parsley
- 1 lemon
- lemon wedges, for serving
- 4 jalapeño peppers
- 2-3 potatoes
- 2 tbsp. fresh cilantro
- 3 ripe bananas

BAKERY

- 1 8-count package buttermilk biscuits

SEASONING

- 1 tsp. dried thyme leaves
- 1 tsp. dried rosemary
- 1 1/2 tsp. garlic powder
- 4 tsp. salt
- 3 tsp. black pepper
- 1 1/2 tsp. ground cumin
- 1 tsp. chili powder
- 1/2 tsp. Italian seasoning
- 1 1/2 tsp. dried oregano
- 1/2 tsp. paprika
- 1 tsp. smoked paprika
- 1 tbsp. & 1 tsp. vanilla extract

CANNED GOODS

- 1 can diced tomatoes with green chilis

PANTRY STAPLES

- 5 tbsp. olive oil
- 12 1/2 cups chicken broth
- 1 tbsp. Dijon mustard
- 1 tbsp. honey
- 1 cup water
- 1 cup long grain rice
- 2 1/2 cups all-purpose flour
- 1 1/2 cups granulated sugar
- 1 tsp. baking soda
- 1/4 cup light brown sugar
- 2 cups powdered sugar