



Week 92 Meal Plan

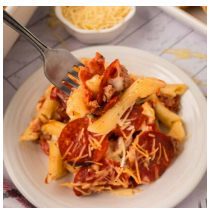
EATING on a DIME

Monday



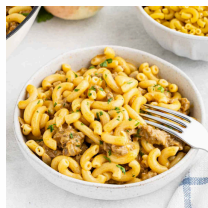
Creamy Chicken Noodle Soup

Tuesday



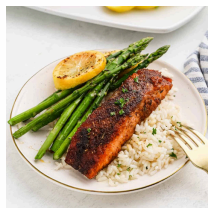
Pizza Casserole

Wednesday



Homemade Hamburger Helper

Thursday



Blackened Salmon

Friday



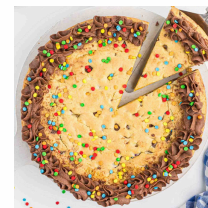
Crock Pot Chicken and Rice

Breakfast



Air Fryer Donut Holes

Dessert



Cookie Cake with Cake Mix

Shopping List

PROTEIN

- ☐ 5 boneless, skinless chicken breasts
- ☐ 2 lbs. ground beef
- ☐ 6 oz. pepperoni
- ☐ 4 salmon filets
- ☐ 2 large eggs

DAIRY

- ☐ 1/2 cup & 5 tbsp. butter
- ☐ 1 cup heavy cream
- ☐ 4 cups mozzarella cheese
- ☐ 1/4 cup parmesan cheese
- ☐ 1 1/2 cups & 2 tbsp. milk
- ☐ 4 cups cheddar cheese
- ☐ 1/4 cup unsalted butter

PRODUCE

- ☐ 1 1/4 onion
- ☐ 2 celery stalks
- ☐ 2 carrots
- ☐ 4 tsp. minced garlic

CANNED GOODS

- ☐ 1 28 oz. can of crushed tomatoes
- ☐ 1 10.5 oz. can cream of chicken soup

BAKERY

- ☐ 1 can refrigerated Grand Biscuits
- ☐ 1 yellow cake mix

SEASONING

- ☐ 2 bay leaves
- ☐ 1/4 tsp. dried thyme leaves
- ☐ 2 1/2 tsp. salt
- ☐ 2 1/2 tsp. black pepper
- ☐ 1 tsp. garlic salt
- ☐ 1 tbsp. Italian seasoning
- ☐ 1 tbsp. paprika
- ☐ 2 tbsp. blackening seasoning
- ☐ 1 tbsp. cinnamon
- ☐ 1 tsp. vanilla extract

PANTRY STAPLES

- ☐ 1 tbsp. olive oil
- ☐ 1/4 cup all-purpose flour
- ☐ 11 cups chicken broth
- ☐ 3 cups egg noodles
- ☐ 16 oz. penne pasta
- ☐ 2 cups water
- ☐ 2 cups macaroni noodles
- ☐ 2 tbsp. vegetable oil
- ☐ 1 1/2 cups brown rice
- ☐ 1/2 cup sugar
- ☐ 1 cup chocolate chips
- ☐ 1 1/2 cups powder sugar
- ☐ 3 tbsp. unsweetened cocoa powder
- ☐ 1/2 cup multi-colored sprinkles