



# Week 95 Meal Plan

EATING on a DIME

## Monday



Cajun Chicken  
Sloppy Joes

## Tuesday



Crock Pot Italian  
Meatball Soup

## Wednesday



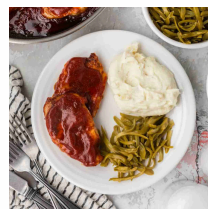
Crock Pot Potato  
Soup with Hashbrowns

## Thursday



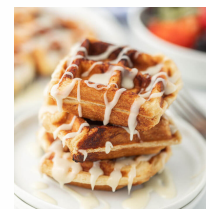
Baja Shrimp  
Tacos

## Friday



Barbecue  
Pork Chops

## Breakfast



Cinnamon  
Roll Waffles

## Dessert



Jello  
Poke Cake

## Shopping List

### PROTEIN

- ☐ 1 lb. ground chicken
- ☐ 1 24-oz. package frozen beef meatballs
- ☐ 1 lb. medium frozen precooked shrimp
- ☐ 4 boneless pork chops

### DAIRY

- ☐ 1 tbsp. butter
- ☐ 1/2 cup shredded parmesan cheese
- ☐ 4 oz. cream cheese
- ☐ 1 cup heavy cream
- ☐ 1/2 cup cojita cheese
- ☐ 1 tub Cool Whip

### PRODUCE

- ☐ 2 cups onion
- ☐ 1 green bell pepper
- ☐ 1 tbsp. & 1/2 tsp. minced garlic
- ☐ 2 stalks celery
- ☐ 2 carrots
- ☐ fresh parsley
- ☐ 1 lime
- ☐ 1 red cabbage
- ☐ 1 jalapeño
- ☐ 1/4 cup cilantro

### CANNED GOODS

- ☐ 2 8-oz. cans of tomato sauce
- ☐ 1 15-oz. can crushed tomatoes
- ☐ 1 10.5-oz. cream of chicken soup

### SEASONING

- ☐ 1-2 tbsp. Cajun seasoning
- ☐ 3 1/2 tsp. salt
- ☐ 2 tsp. Italian seasoning
- ☐ 2 1/2 tsp. black pepper
- ☐ 1 3/4 tsp. garlic powder
- ☐ 1/2 tsp. dried thyme
- ☐ 1/2 tsp. paprika
- ☐ 1/4 tsp. oregano
- ☐ 1 1/2 tsp. smoked paprika
- ☐ 1 tbsp. Worcestershire sauce
- ☐ 1 tbsp. apple cider vinegar
- ☐ 1/4 tsp. onion powder

### BAKERY

- ☐ 4 hamburger buns
- ☐ 12 corn tortillas
- ☐ 1 pkg. refrigerated cinnamon rolls
- ☐ 1 white cake mix box, and any other ingredients on the box

### PANTRY STAPLES

- ☐ 5 tbsp. olive oil
- ☐ 3 tbsp. brown sugar
- ☐ 1 tsp. hot sauce
- ☐ 6 cups beef broth
- ☐ 1 1/2 cups ditalini pasta
- ☐ 30-oz. frozen shredded hash browns
- ☐ 32-oz. chicken broth
- ☐ 1/2 cup ketchup
- ☐ 1 tsp. Dijon mustard
- ☐ non-stick cooking spray
- ☐ 3.3-oz. jello mix strawberry
- ☐ 1 cup boiling water
- ☐ 1 cup cold water