



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. can of 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