



Week 96 Meal Plan

EATING on a DIME

Monday



Cowboy
Casserole

Tuesday



Marry Me
Chicken Soup

Wednesday



Arby's Beef
and Cheddar

Thursday



Crockpot Mango
Salsa Chicken

Friday



Blackened
Chicken Alfredo

Breakfast



Heart-Shaped
Cinnamon Rolls

Dessert



Heart-Shaped
Cake

Shopping List

PROTEIN

- 1 lb. lean ground beef
- 8 boneless, skinless chicken breasts
- 16 oz. thinly sliced deli roast beef

DAIRY

- 1 cup shredded cheddar cheese
- 1/2 cup milk
- 1/4 cup sour cream
- 8 tbsp. butter
- 2 1/2 cups heavy whipping cream
- 2 cups grated parmesan cheese

PRODUCE

- 1 small onion
- 2 tbsp. & 3 tsp. minced garlic
- 1 yellow onion
- 2 cups spinach
- 1 fresh lime
- 1/2 cup cilantro
- 1 fresh mango

CANNED GOODS

- 2 cups corn
- 1 10.75-oz. cream of mushroom soup
- 1/2 cup sun-dried tomatoes
- 2 tbsp. tomato paste
- 1 15-oz. jar mango peach salsa
- 1 can black beans

SEASONING

- 3 1/2 tsp. salt
- 1 1/2 tsp. pepper
- 1 tsp. Italian seasoning
- 1/2 tsp. red pepper flakes
- 1 tbsp. Worcestershire sauce
- 1 1/2 tsp. paprika
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/8 cayenne pepper
- 1/8 kosher salt
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 2 tbsp. blackening seasoning

BAKERY

- 4 onion hamburger buns
- 1 can refrigerated cinnamon rolls
- strawberry cake mix, and ingredients based on package instructions

PANTRY STAPLES

- 1 32-oz. bag frozen tater tots
- 6 cups chicken broth
- 8 oz. medium pasta shells
- 2 cups beef broth
- 1 cup nacho cheese sauce
- 1/2 cup ketchup
- 1/4 cup apple cider vinegar
- 2 tbsp. light brown sugar
- 1/4 cup water
- 1 tbsp. cornstarch
- 6 cups white rice, cooked
- 2 tbsp. olive oil
- 12 oz. fettuccine pasta
- red food coloring
- Valentine's Day sprinkles