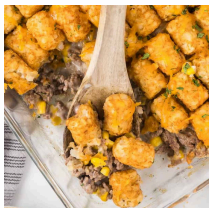




# Week 96 Meal Plan

EATING on a DIME

## Monday



Cowboy Casserole

## Tuesday



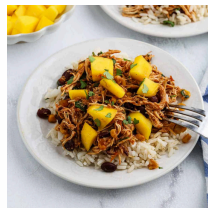
Marry Me Chicken Soup

## Wednesday



Arby's Beef and Cheddar

## Thursday



Crockpot Mango Salsa Chicken

## Friday



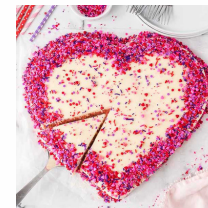
Blackened Chicken Alfredo

## 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