



Week 98 Meal Plan

EATING on a DIME

Monday



Oven Baked Chicken Thighs

Tuesday



Creamy Tomato Basil Pasta

Wednesday



Neiman Marcus Chicken Casserole

Thursday



Cajun Chicken and Rice

Friday



Copycat Wendy's Chili

Breakfast



French Toast Sticks

Dessert



Blueberry Cookies

Shopping List

PROTEIN

- 12 chicken thighs, skin on with bones
- 4 cups cooked chicken
- 10 slices cooked bacon
- 4 boneless, skinless chicken breasts
- 2 lbs. ground beef
- 4 eggs
- 1 large egg

DAIRY

- 1/2 cup & 6 tbsp. butter
- 1 3/4 cup & 1-2 tbsp. heavy cream
- 1/4 cup freshly grated parmesan cheese
- 1 cup sour cream
- 4 cups shredded cheddar cheese
- 3/4 cup unsalted butter
- 1/4 cup milk

PRODUCE

- 1 tbsp. & 1 tsp. minced garlic
- 1/2 cup fresh basil
- 4 green onions
- 1 small yellow onion
- 1 red bell pepper
- 2 green bell peppers
- fresh parsley, for garnish
- 3 stalks celery
- 2 tsp. lemon zest
- 4 tbsp. fresh lemon juice
- 2 cups fresh blueberries

CANNED GOODS

- 3 15-oz. cans tomato sauce
- 1 10.5-oz. can cream of chicken soup
- 2 15-oz. cans pinto beans
- 2 15-oz. cans kidney beans
- 2 15-oz. cans diced tomatoes

SEASONING

- 3 tsp. paprika
- 3 tsp. garlic powder
- 2 tsp. onion powder
- 1 tsp. dried oregano
- 1 tsp. dried thyme leaves
- 4 3/4 tsp. salt
- 3 1/2 tsp. black pepper
- 1/4 tsp. Italian seasoning
- 1 1/2 tbsp. Cajun seasoning
- 1 tbsp. Worcestershire sauce
- 1/4 cup chili powder
- 1 tbsp. cumin
- 2 tbsp. & 1 1/2 tsp. vanilla extract
- 2 tbsp. cinnamon

BAKERY

- 10 slices Texas Toast

PANTRY STAPLES

- 4 tbsp. olive oil
- 8 oz. uncooked penne pasta
- 1 sleeve Ritz Crackers
- 1/2 cup slivered almonds
- 1 1/2 cups long grain white rice
- 3 cups chicken broth
- saltine crackers, for serving
- 1 tbsp. sugar
- 2 1/2 cups all-purpose flour
- 1 1/2 tsp. baking powder
- 3/4 cup granulated sugar
- 1/4 cup packed light or brown sugar
- 1 1/2 cups confectioners' sugar