



Week 101 Meal Plan

EATING on a DIME

Monday



Crock Pot
Sesame Beef

Tuesday



Slow Cooker Sweet
and Sour Chicken

Wednesday



Corn Chowder

Thursday



Skillet Chicken
Pot Pie

Friday



Shrimp Scampi

Breakfast



Strawberry
Pancakes

Dessert



Cookies and Cream
Ice Cream Cake

Shopping List

PROTEIN

- 2 lbs. beef roast
- 1 1/2 lbs. chicken breasts
- 6 slices bacon
- 2 cups cooked chicken
- 1 egg
- 1 1/2 lbs. shrimp
- 1 large egg

DAIRY

- 1/4 cup & 10 tbsp. butter
- 1 cup heavy whipping cream
- 1 3/4 cups milk
- 2 tbsp. unsalted butter
- 1/2 gallon cookies and cream ice cream
- 8 oz. whipped cream

PRODUCE

- 2 1/2 tbsp. & 6 tsp. minced garlic
- 6 green onions
- 1 1/2 onion
- 1 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 2 Russet potatoes
- 1/2 small onion
- 1 1/2 cups frozen mixed veggies
- 1/2 lemon
- 1/4 cup fresh parsley
- 1 cup fresh strawberries, and more for garnish

BAKERY

- 1 refrigerated pie crust

SEASONING

- 1/2 cup & 3 tbsp. soy sauce
- 1 tsp. ground ginger
- 1 tbsp. sesame seeds
- 1/2 cup white vinegar
- 1 tsp. dried thyme leaves
- 2 3/4 tsp. salt
- 1 bay leaf
- 1 tsp. black pepper
- 1/2 tsp. dried parsley
- 1/2 tsp. red pepper flakes
- 1/2 tsp. vanilla extract

CANNED GOODS

- 15 oz. pineapple chunks in juice
- 1 15-oz. can whole corn
- 1 15-oz. can cream-style corn

PANTRY STAPLES

- 1/4 cup brown sugar
- 1 cup beef broth
- 1 tbsp. toasted sesame oil
- 7 tbsp. cornstarch
- 6 cups cooked white rice
- 1/3 cup ketchup
- 1/2 cup honey
- 1/4 cup cold water
- 7 cups chicken broth
- 3 tbsp. olive oil
- 1 2/3 cups all-purpose flour
- 1/4 cup dry white wine
- 1 tbsp. granulated sugar
- 2 tsp. baking powder
- maple syrup/honey for serving
- 1 13-oz. pkg. Oreos
- 1 12-oz. jar hot fudge sauce