



Week 106 Meal Plan

EATING on a DIME

Monday



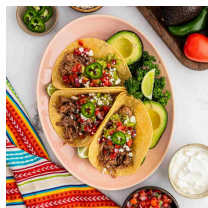
Crockpot Chicken Thighs

Tuesday



Crock Pot Hamburger Helper

Wednesday



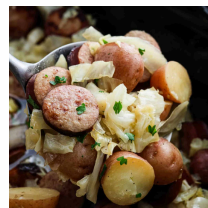
Crock Pot Pulled Pork Tacos

Thursday



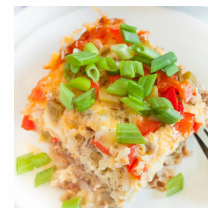
Crock Pot Cheesy Chicken Spaghetti

Friday



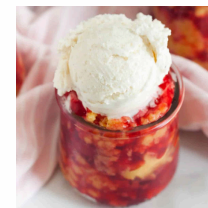
Slow Cooker Cabbage & Sausage

Breakfast



Crock Pot Breakfast Casserole

Dessert



Crock Pot Cherry Dump Cake

Shopping List

PROTEIN

- 2 lbs. bone-in, skin-on chicken thighs
- 2 lbs. ground beef
- 4 lbs. boneless pork shoulder/butt
- 3 chicken breasts
- 2 14-oz. pkgs. smoked sausage
- 1 lb. sausage
- 12 eggs

DAIRY

- 4 cups milk
- 5 cups shredded cheddar cheese
- 4 oz. cream cheese
- 8 oz. shredded sharp cheddar cheese
- 1/2 cup butter

BAKERY

- 14-16 corn tortillas

PRODUCE

- 1 1/2 onion
- 1 1/2 red bell pepper
- 2 tbsp. & 3 tsp. minced garlic
- 1 yellow onion
- 1 1/2 lbs. baby potatoes
- 1/2 head green cabbage
- 1 32-oz. bag frozen hash brown potatoes
- 2 green onions
- 1/2 green bell pepper

PANTRY STAPLES

- 3 1/2 cups chicken broth
- 2 cups beef broth
- 3 cups dry uncooked macaroni
- 1 16 oz. pkg. spaghetti
- 2 tsp. olive oil
- 1 15.25-oz. box yellow cake mix

SEASONING

- 1/2 tsp. garlic powder
- 1 tbsp. & 1/2 tsp. paprika
- 1/2 tsp. onion powder
- 6 tsp. salt
- 3 3/4 tsp. black pepper
- 3 1/2 tsp. Italian seasoning
- 2 tsp. chili powder
- 1 tbsp. cumin

CANNED GOODS

- 1 14.5-oz. can crushed tomatoes
- 1 cup salsa
- 2 chipotle peppers in adobo
- 1 tbsp. adobo sauce from can
- 1 10-oz. can diced tomatoes w/ green chiles
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 2 21-oz. cans cherry pie filling