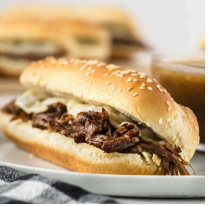




# Week 107 Meal Plan

EATING on a DIME

## Monday



Crockpot  
French Dip

## Tuesday



Crockpot  
Chicken Alfredo

## Wednesday



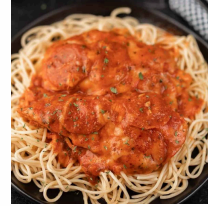
Crock Pot  
Cube Steak

## Thursday



Crock Pot  
Pork Chops

## Friday



Crockpot  
Pizza Chicken

## Breakfast



Slow Cooker  
Banana Bread

## Dessert



Crockpot Chocolate  
Lava Cake

## Shopping List

### PROTEIN

- 3-4 lbs. beef roast
- 4-6 chicken breasts
- 1 1/2 lbs. cube steak
- 6 boneless pork chops (thick cut)
- 3 boneless, skinless chicken breasts
- 1 cup pepperoni slices
- 2 large eggs
- 3 eggs

### DAIRY

- 12 slices provolone cheese
- 8 oz. cream cheese
- 2 cups shredded mozzarella cheese
- 1/2 cup butter
- 3 1/4 cups milk

### PRODUCE

- 1/2 onion
- 2 tsp. minced garlic
- 3 large very ripe bananas

### CANNED GOODS

- 4 10-oz. cans cream of chicken soup
- 2 10.5-oz. cans cream of mushroom soup
- 2 cups pizza sauce

### PANTRY STAPLES

- 5 cups beef broth
- 2 pkgs. onion soup mix
- 1 Italian dressing mix
- 3 cups water
- 12 oz. egg noodles
- 2 tbsp. cornstarch

### SEASONING

- 2 tbsp. ranch seasoning mix
- 1 tsp. vanilla extract
- 1/4 tsp. salt

### BAKERY

- 6 hoagie rolls
- 1 box super moist chocolate fudge cake mix (I used Betty Crocker)
- 1 4-oz. box instant chocolate pudding mix

- 1/2 cup chicken broth
- 2 cups all-purpose flour
- 1 cup granulated sugar
- 1 tsp. baking soda
- 1 1/2 cups chopped walnuts
- 1/2 cup vegetable oil
- 1 12-oz. bag milk chocolate chips