



Week 112 Meal Plan

EATING on a DIME

Monday



Ground Beef Pasta

Tuesday



Sheet Pan Sausage and Veggies

Wednesday



Ground Beef Sweet Potato Bowl

Thursday



Peanut Butter Burger

Friday



Penne Alla Vodka

Breakfast



Easy Cinnamon Swirl Bread

Dessert



Peach Dump Cake

Shopping List

PROTEIN

- 1 1/2 lbs. ground beef
- 12 oz. smoked sausage
- 1 lb. lean ground beef
- 2 lbs. ground hamburger beef (85% lean)
- 12 slices maple-flavored bacon
- 1 egg

PRODUCE

- 1/2 yellow onion
- 4 tsp. minced garlic
- 2.5 lbs. medium sweet potatoes
- 1 1/2 cups green beans
- 2 bell peppers (any color)
- 1 ripe avocado
- 1 small onion
- fresh basil

SEASONING

- 4 tsp. Italian seasoning
- 5 1/2 tsp. salt
- 3 1/2 tsp. black pepper
- 1 1/2 tsp. paprika
- 1 1/2 tsp. garlic powder
- 1/2 tsp. cumin
- 1/2 tsp. onion powder
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 3 tsp. ground cinnamon

CANNED GOODS

- 15 oz. tomato sauce
- 1/4 cup tomato paste
- 29 oz. sliced peaches in heavy syrup

DAIRY

- 1/2 cup half-and-half
- 2 cups shredded cheddar cheese
- 1 cup cottage cheese (low-fat or 2%)
- 6 slices cheddar cheese
- 3/4 cup & 2 tbsp. butter
- 3/4 cup heavy whipping cream
- 1/2 cup fresh grated parmesan cheese
- 1 cup & 2-3 tbsp. milk

BAKERY

- 6 hamburger buns

PANTRY STAPLES

- 1 tbsp. Worcestershire sauce
- 3 cups chicken broth
- 16 oz. rotini pasta
- 1 tbsp. avocado oil
- 4 tsp. hot honey
- 6 tbsp. creamy peanut butter
- 12 oz. penne pasta
- 1 tbsp. olive oil
- 1/2 cup vodka
- 2 cups all-purpose flour
- 1 1/2 cups sugar
- 1 tsp. baking soda
- 1/4 cup vegetable oil
- 1 cup powdered sugar
- 1/2 tsp. vanilla extract
- 1 yellow cake mix