



Week 116 Meal Plan

EATING on a DIME

Monday



Frozen Burrito Casserole

Tuesday



Slow Cooker London Broil

Wednesday



Spinach Stuffed Chicken Breast

Thursday



Shrimp Fried Rice

Friday



Fried Pork Chops

Breakfast



French Toast Sticks

Dessert



Homemade Snickers

Shopping List

PROTEIN

- frozen burritos
- 2 lbs. london broil
- 6 chicken breasts
- 1 lb. large shrimp
- 3 large eggs
- 6 boneless pork chops (1/2- to 3/4-inch thick)
- 7 eggs

PRODUCE

- 1 1/2 lbs. baby potatoes
- 6 carrots
- 1 onion
- 1 tbsp. & 2 tsp. minced garlic
- 1 1/2 lbs. fresh spinach
- 1/2 frozen peas & carrots blend
- green onions
- 1 tbsp. fresh parsley

SEASONING

- 4 tsp. salt
- 3 tsp. black pepper
- 2 tsp. oregano
- 1/2 tsp. thyme leaves
- 1/2 tsp. paprika
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 2 tbsp. cinnamon

CANNED GOODS

- 2 10-oz. cans red enchilada sauce

DAIRY

- 2 cups Mexican cheese, shredded
- 6 oz. cream cheese
- 1/2 cup mozzarella, shredded
- 1/4 cup parmesan cheese
- 1 1/4 cups heavy whipping cream
- 3 tbsp. butter
- 1/4 cup unsalted butter
- 1/4 cup evaporated milk

PANTRY STAPLES

- 3 tbsp. olive oil
- 1 cup low-sodium beef broth
- 3 tbsp. low-sodium soy sauce
- 2 tsp. balsamic vinegar
- 1 tbsp. Worcestershire sauce
- 1 tbsp. brown sugar
- 2 tbsp. cornstarch
- 2 tbsp. water
- 2 tbsp. sesame oil

- 2 tbsp. vegetable oil, and more for frying
- 4 cups cooked rice
- 3 tbsp. soy sauce
- 1 cup all-purpose flour
- 2 tbsp. & 1 tsp. vanilla extract
- 1 cup & 1 tbsp. granulated sugar
- 2 cups semi-sweet chocolate chips
- 3/4 cup creamy peanut butter

BAKERY

- 10 slices Texas Toast

- 7 oz. Marshmallow Creme
- 1 1/2 cups salted peanuts
- 11 oz. caramels or caramel bits