

# 6 DINNERS UNDER \$60- WEEK #79

- \*Tropical BBQ Pork Loin \*Lemon Herb Chicken  
\*Parmesan Ranch Chicken\* Cheesy Salsa Verde Pork Loin  
\*Smoked Sausage & Lentil Soup \*French Onion Chicken

## SHOPPING LIST

### PRODUCE

- Lemon (x1)
- Garlic
- Potatoes (5lb)
- Baby Carrots (1lb)
- Onion (x1)

### MEAT DEPT

- Pork Loin (3-5lbs)
- Chicken Breast (5lb)
- Smoked Sausage (14oz)

### DAIRY

- Parmesan Cheese
- Cream Cheese (8oz)
- Cheddar Cheese
- Swiss/Provolone  
Cheese

### FROZEN

- Broccoli (12oz)

### PANTRY

- BBQ Sauce
- Crushed Pineapple
- Soy Sauce
- Corn (14.5oz)
- White Rice
- Green Beans (14.5oz)
- Ranch Seasoning
- Salsa Verde (14-16oz)
- Lentils
- Diced Tomatoes (14.5oz)
- Chicken Broth (32oz)
- French Bread
- French Onion Soup (10.5oz)
- Peas (14.5oz)
- Pasta (any shape)

\*Assuming you have your  
preferred cooking oil, butter, and  
your favorite seasonings.

## Tropical BBQ Pork Loin with Corn & Rice

Need:

1.5–2 lb pork loin

1 cup BBQ sauce

1 cup crushed pineapple with juice

2 tbsp soy sauce

14.5 oz can corn, drained

Cooked rice (for serving)

1. Place pork loin in crockpot.
2. Mix BBQ sauce, pineapple (with juice), and soy sauce. Pour over pork.
3. Cook on Low 6–7 hours or High 3–4 hours, until tender.
4. Shred or slice and serve over rice with corn on the side

## Lemon Herb Chicken with Green Beans & Rice

Need:

1-2 lb chicken breasts

1 lemon, juiced

2 tbsp melted butter or oil\*

2 cloves garlic (or 1 tsp garlic powder)

1 tsp Italian seasoning\*

½ cup chicken broth

14.5 oz can green beans, drained

Cooked rice (for serving)

1. Add chicken to crockpot.
2. Whisk lemon juice, melted butter, garlic, and seasoning; pour over chicken.
3. Cook on Low 5–6 hours or High 3 hours until chicken is tender.
4. Serve over rice with green beans on the side.

## Parmesan Ranch Chicken & Potatoes with Carrots

Need:

1-2 lb chicken breasts

4-5 potatoes, cubed

1/2lb baby carrots

1 packet ranch seasoning mix

1/4 cup grated Parmesan cheese

3 tbsp butter, sliced\*

1. Layer potatoes, carrots, and chicken in crockpot.
2. Sprinkle with ranch mix and Parmesan.
3. Place sliced butter over top.
4. Cover and cook on Low 6–7 hours or High 3–4 hours until tender.

## Cheesy Salsa Verde Pork Loin with Broccoli over Potatoes

Need:

1.5–2 lb pork loin

14-16 oz salsa verde

4 oz cream cheese

1 cup shredded cheddar cheese

12oz frozen broccoli florets

3-4 potatoes

1. Place pork loin and salsa verde in crockpot.
2. Cook on Low 6–7 hours or High 3–4 hours, until pork is tender.
3. Shred pork and stir in cream cheese and cheddar until melted.
4. Poke holes in the potatoes with a fork. Microwave: Heat for 3 minutes, flip, 3 minutes more, flip, and continue until tender. Air Fryer: 400 degrees for 30-40 minutes until tender- time will vary depending on size of potatoes.
5. Steam broccoli in the microwave.
6. Serve the shredded pork over the baked potato with broccoli on the side.

## Smoked Sausage & Lentil Soup

Need:

14 oz smoked sausage, sliced  
1 cup dry lentils, rinsed  
14.5 oz diced tomatoes  
1/2 lb chopped baby carrots  
1 onion, chopped  
4 cups chicken or vegetable broth  
1 tsp Italian seasoning\*  
French Bread

1. Add all ingredients to the crockpot and stir.
2. Cook on Low 7–8 hours or High 4 hours, until lentils and carrots are tender.
3. Taste and season with salt and pepper.
4. Serve with French bread or make garlic bread.

## French Onion Chicken with Pasta & Peas

Need:

1-2 lb chicken breasts  
10.5 oz French onion soup  
Swiss or provolone cheese slices  
15 oz can peas, drained  
8oz pasta (any shape)

1. Add chicken and soup to crockpot.
2. Cook on Low 6 hours or High 3–4 hours, until tender.
3. Top each piece of chicken with cheese, cover until melted (about 10 minutes).
4. Boil water for pasta, cook pasta until tender, and then drain. Serve chicken over pasta with peas on the side.