



# Week 77 Meal Plan

EATING on a DIME

## Monday



Crock Pot Teriyaki Chicken

## Tuesday



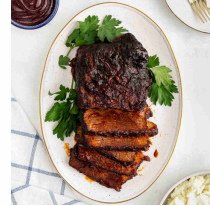
Crockpot Cabbage Roll Soup

## Wednesday



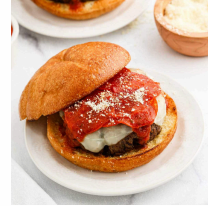
Instant Pot Crack Chicken

## Thursday



Crock Pot Brisket

## Friday



Pizza Burger

## Breakfast



Lazy Day Cinnamon Biscuits

## Dessert



Chocolate Chip Walnut Cookies

## Shopping List

### PROTEIN

- 4 boneless, skinless chicken breasts
- 1 lb. extra lean ground beef
- 2 lbs. boneless chicken breasts
- 6 strips of bacon
- 4 lbs. beef brisket
- 1 1/2 lbs. ground beef (80/20)
- 24 pepperoni slices
- 2 large eggs

### CANNED GOODS

- 2 14.5-oz. cans tomato sauce
- 6 tbsp. pizza or marinara sauce

### BAKERY

- 6 buns
- 4 Kaiser buns
- 2 10-count cans of biscuits

### PRODUCE

- 1/2 white onion
- 1 tbsp. & 2 tsp. minced garlic
- 2 stalks green onions
- 1/2 yellow onion
- 5 cups chopped green cabbage
- 1 cup shredded carrots
- 1/4 cup green onions

### DAIRY

- 8 oz. cream cheese
- 1 1/2 cups shredded cheddar cheese
- 4 slices mozzarella cheese
- 1/2 cup & 2 tbsp. butter
- 2 tbsp. milk

### SEASONING

- 1/2 cup low-sodium soy sauce
- 1/4 cup rice wine vinegar
- 1/2 tsp. ground ginger
- 4 tsp. black pepper
- 2 tbsp. sesame seeds
- 1 bay leaf
- 4 tsp. salt
- 1/2 tsp. dried oregano leaves
- 1 1-oz. packet dry ranch dressing seasoning mix
- 2 tbsp. paprika
- 1 tbsp. chili powder
- 2 tsp. cumin
- 1/2 tsp. Italian seasoning
- 1/2 tsp. garlic powder
- 1 1/2 tsp. cinnamon
- 2 tsp. vanilla extract

### PANTRY STAPLES

- 1 1/4 cup & 3 tbsp. brown sugar
- 1/4 cup honey
- 32 oz. low-sodium beef broth
- 2 cups cooked rice (white, brown, or long-grain)
- 1 cup chicken broth
- 2 tbsp. Worcestershire sauce
- 2 cups BBQ sauce
- 1 1/2 cups granulated sugar
- 1 cup powdered sugar
- 1/2 cup vegetable oil
- 3 cups all-purpose flour
- 2 tsp. cornstarch
- 1 tsp. baking soda
- 1 cup milk chocolate chips
- 3/4 cup chopped walnuts