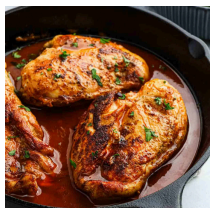




Week 97 Meal Plan

EATING on a DIME

Monday



Texas Roadhouse
Butter Chicken Skillet

Tuesday



Chicken
Risotto

Wednesday



One Pot
Spaghetti

Thursday



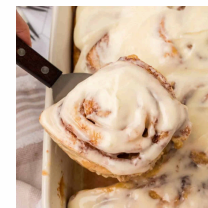
Beef Tips
and Noodles

Friday



Skillet Chicken
Fajitas

Breakfast



TikTok
Cinnamon Rolls

Dessert



Cool Whip
Candy

Shopping List

PROTEIN

- ☐ 7 boneless, skinless chicken breasts
- ☐ 1 lb. chicken breasts
- ☐ 1 lb. ground beef
- ☐ 1 1/2 lbs. beef roast

DAIRY

- ☐ 13 tbsp. butter
- ☐ 1/2 cup grated parmesan cheese
- ☐ 2 tbsp. unsalted butter
- ☐ 1 cup heavy whipping cream
- ☐ 4 oz. cream cheese
- ☐ 1 8-oz. container Cool Whip

PRODUCE

- ☐ 2 1/2 tbsp. fresh parsley
- ☐ 1 small onion
- ☐ 1 tbsp. & 2 tsp. minced garlic
- ☐ 1 onion
- ☐ 3 bell peppers, any color
- ☐ 1 large yellow onion
- ☐ 1 lime

BAKERY

- ☐ 12 small flour tortillas
- ☐ 2 17.5-oz. cans refrigerated Grands Cinnamon Rolls

SEASONING

- ☐ 1 tsp. garlic powder
- ☐ 1 tsp. paprika
- ☐ 3 1/2 tsp. salt
- ☐ 3 tsp. black pepper
- ☐ 1 tsp. oregano
- ☐ 2 bay leaves
- ☐ 1/2 tsp. dried thyme leaves
- ☐ 2 tbsp. taco seasoning
- ☐ 1/2 tsp. ground cinnamon

CANNED GOODS

- ☐ 2 24-oz. jars marinara sauce

PANTRY STAPLES

- ☐ 2 tbsp. olive oil
- ☐ 2 tbsp. honey
- ☐ 8 cups chicken broth
- ☐ 1 cup arborio rice
- ☐ 12-oz. spaghetti noodles
- ☐ 3 cups beef broth
- ☐ 1 tbsp. cornstarch
- ☐ 1/4 cup cold water
- ☐ 12-oz. extra wide egg noodles
- ☐ 2 tbsp. canola oil
- ☐ 1/3 cup brown sugar
- ☐ 1/2 cup powdered sugar
- ☐ 2 11-oz. pkg. milk chocolate chips
- ☐ 24 oz. dark chocolate melting wafers