



# 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

### 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

### 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

### 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

### 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

### BAKERY

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

### CANNED GOODS

- 2 24-oz. jars marinara sauce