



# Week 117 Meal Plan

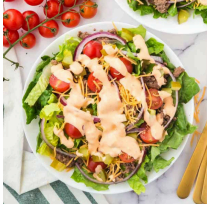
EATING on a DIME

## Monday



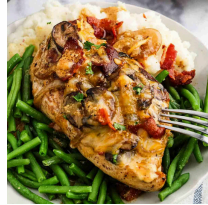
Copycat Chick-fil-A Sandwich

## Tuesday



Big Mac Salad

## Wednesday



Alice Springs Chicken

## Thursday



Texas Roadhouse Roadkill

## Friday



Olive Garden's Herb Grilled Salmon

## Breakfast



Taco Bell Breakfast Crunchwrap

## Dessert



Wendy's Frosty

## Shopping List

### PROTEIN

- 6 boneless, skinless chicken breasts
- 5 large eggs
- 1 lb. lean ground beef
- 12 slices bacon
- 2 lbs. ground beef
- 4 salmon filets with the skin on

### CANNED GOODS

- 1 1/6 cups dill pickles
- 1 tbsp. pickled jalapeños
- 2 tsp. pickled jalapeño juice

### BAKERY

- 4 hamburger buns
- 2 burrito-size tortillas

### PRODUCE

- 3 heads romaine lettuce
- 1 red onion
- 1/2 cup cherry tomatoes
- 16 oz. mushrooms
- 1 onion
- 1 lemon
- 2 tsp. minced garlic
- 1 tsp. fresh parsley
- 2 hash brown patties

### DAIRY

- 1 cup milk
- 1 1/2 cup cheddar cheese, shredded
- 2 cups Colby Jack cheese, shredded
- 1 tbsp. butter
- 6 oz. Monterey Jack cheese, shredded

### SEASONING

- 2 1/4 tsp. paprika
- 3 tsp. black pepper
- 5 1/4 tsp. salt
- 1 tsp. garlic powder
- 3/4 tsp. onion powder
- 1 tsp. seasoning salt
- 1 tbsp. Italian seasoning
- 1/2 tsp. chili powder
- 1/2 tsp. cumin
- 1/2 cup unsalted butter
- 2 tbsp. sour cream
- 4 cups chocolate milk
- 3/4 cup sweetened condensed milk
- 4 oz. Cool Whip

### PANTRY STAPLES

- 1 cup dill pickle juice
- 1 cup all-purpose flour
- 1 tbsp. confectioners' sugar
- peanut/canola oil for frying
- 1 1/2 cups & 2 tbsp. mayonnaise
- 1/4 cup French dressing
- 2 tbsp. sweet pickle relish
- 1 tsp. white wine vinegar
- 1 tbsp. & 4 tsp. olive oil
- 1/4 cup honey
- 1/4 cup Dijon mustard
- 1 tbsp. white vinegar
- 1 tbsp. Worcestershire sauce
- 2 tsp. vegetable oil