



# Week 7 Meal Plan

EATING on a DIME

## Monday



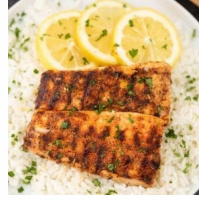
Instant Pot Beef Tips and Gravy

## Tuesday



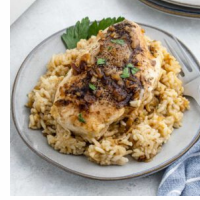
Crock Pot Shredded Beef Enchilada Casserole

## Wednesday



Grilled Mahi Mahi

## Thursday



No Peek Chicken and Rice

## Friday



Homemade Pizza Dough

## Breakfast



Banana Bread

## Dessert



Butterfinger Pie

## Shopping List

### PROTEIN

- 2 lbs. stew meat
- 2 lbs. beef rump roast
- 6 mahi mahi
- 4 boneless, skinless chicken breasts
- 1 large egg

### SEASONING

- 2 1/2 tsp. salt
- 2 1/2 tsp. pepper
- 1 tsp. chili powder
- 1 tsp. cumin
- 1/2 tsp. paprika
- 1 tsp. Italian seasoning
- 3/4 tsp. garlic powder
- 1/4 tsp. dried basil leaves

### PRODUCE

- 1 1/2 onion
- 4-oz. green chilies
- 2 tsp. garlic
- 3-4 ripe bananas

### BREAD/BAKERY

- 10 corn tortillas
- 1 pre-made Graham Cracker Crust

### PANTRY STAPLES

- 1 cup beef stock
- 1 cup water
- 3 tbsp. cornstarch
- 1/2 cup salsa
- 1 cup beef broth

### CANNED GOODS

- 1 can cream of mushroom soup
- 10-oz. can red enchilada sauce
- 10.5-oz. can Cream of Chicken Soup
- 10.5-oz. can Cream of Mushroom Soup

### DAIRY

- 2 cups colby jack cheese
- 1/3 cup butter
- 8-oz. cream cheese
- 8-oz. Whipped Topping Cool Whip

- 3 tbsp. olive oil
- 1 tsp. baking soda
- 3 1/2 cups all-purpose flour
- 1 cup powdered sugar
- 1/2 cup creamy peanut butter
- 1 bag Fun-Size Butterfinger Bars
- 2 1/4 instant yeast
- 3/4 cups sugar
- 2 tsp. vanilla extract
- 2 cups chicken broth
- 2 cups white rice
- 1 pack onion soup mix