



# Week 15 Meal Plan

EATING on a DIME

## Monday



Chicken Salad

## Tuesday



Keto Taco Casserole

## Wednesday



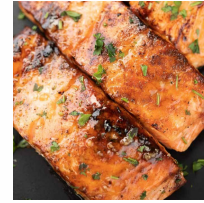
Crack Burgers

## Thursday



Chicken Spaghetti Casserole

## Friday



Honey Glazed Salmon with Lime

## Breakfast



Breakfast Casserole with Bacon

## Dessert



Orange Soda Cupcakes

## Shopping List

### PROTEIN

- 3 cups cooked chicken
- 2 1/2 lbs. ground beef
- 16 slices of bacon
- 3 boneless, skinless chicken breasts
- 4 salmon filets
- 12 eggs
- 3 large eggs

### SEASONING

- 2 1/2 tsp. salt
- 1 1/2 tsp. pepper
- 1 tbsp. taco seasoning
- 1 tsp. garlic salt
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. black pepper
- 1 tsp. dried parsley
- 1 tsp. dried basil

### PRODUCE

- 1 stalk celery
- 2 green onion
- 2 tsp. fresh dill
- 6 Romaine lettuce leaves
- 1 small onion
- 2 tbsp. garlic
- 1 lime
- 1/2 onion
- 1/2 green pepper
- 2 cups Frozen Shredded Hash Brown Potatoes

### BREAD/BAKERY

- 6 croissants
- 4 hamburger buns

### PANTRY STAPLES

- 3/4 cup mayonnaise
- 2 tsp. Dijon mustard
- 12 oz. frozen cauliflower rice
- 1 oz. ranch dressing mix
- 12 oz. spaghetti
- 5 tbsp. honey
- 2 tbsp. olive oil
- 1 1/2 cup all-purpose flour
- 1 tsp. baking powder
- 1/8 tsp. baking soda
- 1 cup sugar
- 1/2 tsp. vanilla extract
- 4 1/2 cup powdered sugar
- 5 tbsp. Orange Crush soda
- orange gel food coloring

### DAIRY

- 8 tbsp. butter
- 8 oz. cream cheese
- 3 cups cheddar cheese
- 1/2 cup sour cream
- 1 1/2 cup Monterey Jack cheese
- 1/4 cup parmesan cheese
- 1 cup milk
- 1 cup Colby Jack cheese
- 3/4 cup & 2 tbsp. unsalted butter
- 1/3 cup buttermilk

### CANNED GOODS

- 1 can rotel
- 1 14.5-oz. can diced tomatoes with basil, garlic, and oregano
- 1 10.5-oz. can cream of celery soup
- 1 10.5-oz. can cream of chicken soup