



# Week 17 Meal Plan

EATING on a DIME

## Monday



Instant Pot  
Salisbury Steak

## Tuesday



Spaghetti  
Tacos

## Wednesday



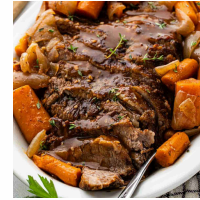
Crispy Honey Chicken

## Thursday



Balsamic Chicken

## Friday



Slow Cooker Red  
Wine Beef Brisket

## Breakfast



Mini Chocolate  
Chip Muffins

## Dessert



Grilled Peaches

## Shopping List

### PROTEIN

- 2 1/2 lb. lean ground beef
- 2 large eggs
- 3 lbs. boneless, skinless chicken breasts
- 3 lbs. beef brisket

### PRODUCE

- 1/2 onion
- 4 oz. sliced mushroom
- 2 tbsp. green onions
- 4 carrots
- 1 red onion
- 2 tsp. garlic
- 6 peaches

### BREAD/BAKERY

- 1 7-oz. pkg Stand and Stuff Taco Shells (15 shells)

### SEASONING

- 2 1/2 tsp. salt
- 1 3/4 tsp. pepper
- 1-oz. packet taco seasoning
- 2 tsp. cumin
- 2 tsp. chili powder
- 1 tsp. ground coriander
- 1 tsp. onion powder
- 1/2 tsp. black pepper
- pinch of red pepper flakes
- 1 tbsp. soy sauce
- 1/4 cup balsamic vinegar
- 1 tsp. dried thyme
- 1 tsp. ground cinnamon

### PANTRY STAPLES

- 1/2 cup breadcrumbs
- 2 tbsp. Worcestershire sauce
- 1 pack brown gravy mix
- 3 cups beef broth
- 1 tsp. Dijon mustard
- 4 tbsp. cornstarch
- 5/8 cups cold water
- 1 7-oz. pkg. spaghetti noodles
- 3/4 cup water
- 3 1/2 cups all-purpose flour

### DAIRY

- 1/2 cup grated parmesan cheese
- 2 cups buttermilk
- 1/2 cup milk
- 1/2 cup unsalted butter
- ice cream

- 7/12 cup vegetable oil
- 1/3 cup honey
- 1 1/2 tbsp. light corn syrup
- 1/8 cup brown sugar
- 1 tbsp. sesame seeds
- 3 tbsp. olive oil
- 1 cup red wine
- 1 cup granulated sugar
- 2 tsp. baking powder
- 1 tsp. vanilla
- 1/2 cup mini chocolate chips
- caramel sauce (optional)

### CANNED GOODS

- 1 26-oz. jar spaghetti sauce
- 1 8-oz. can tomato sauce