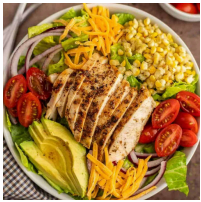




# Week 19 Meal Plan

EATING on a DIME

## Monday



Grilled Chicken Salad

## Tuesday



Instant Pot Steak Fajitas

## Wednesday



Slow Cooker Red Wine Pot Roast

## Thursday



Shake and Bake Chicken

## Friday



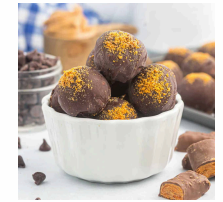
Texas Toast Sloppy Joes

## Breakfast



Strawberry Pineapple Smoothie

## Dessert



Butterfingers Balls

## Shopping List

### PROTEIN

- 6 boneless, skinless chicken breasts
- 2 lbs. round steak, sliced
- 1 lb. ground beef
- 3 lbs. chuck roast

### BREAD/BAKERY

- 8 slices frozen Texas Toast Garlic Bread

### DAIRY

- 1/4 cup grated parmesan cheese
- 1 cup shredded mozzarella cheese
- 1/2 cup plain Greek yogurt
- 1/2 cup butter

### PRODUCE

- 4 cups Romaine lettuce
- 2 cups cherry tomatoes
- 1/2 cup sliced red onion
- 1 avocado
- 1 corn on the cob, grilled
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 onion, sliced
- 1 cup frozen strawberries

### PANTRY STAPLES

- 1 1/4 cup olive oil
- 1/2 cup red wine vinegar
- 3 cups beef broth
- 1/2 cup all-purpose flour
- 1/2 cup panko breadcrumbs
- 1/8 cup brown sugar
- 1/8 cup yellow mustard
- 1/2 cup ketchup
- 1 cup coconut water
- 1 tbsp. honey
- 1 1/2 cup peanut butter
- 1/2 tsp. vanilla

- 1 cup frozen pineapple chunks
- 1 tbsp. lime juice
- fresh strawberry slices
- 1 medium yellow onion
- 1 tbsp. minced garlic
- 1 1/2 lb. Yukon Gold potatoes
- 4 carrots
- 2 sprigs fresh thyme
- 2 sprigs fresh rosemary
- fresh parsley

### SEASONING

- 4 tsp. salt
- 1/2 tsp. pepper
- 1 tsp. garlic powder
- 1 3/4 tsp. black pepper
- 3/4 tsp. dried oregano
- 2 tbsp. taco seasoning
- 1/2 tsp. onion powder
- 1/2 tsp. smoked paprika
- 1/2 tsp. dried thyme
- 3 tsp. Italian seasoning
- 2 bay leaves

- 2 cups powdered sugar
- 1 cup crushed Butterfingers bars
- 3 cups chocolate chips semi-sweet
- 1 tbsp. coconut or vegetable oil
- 1 cup dry red wine
- 2 tsp. Worcestershire sauce
- 2 tbsp. cold water
- 2 tbsp. cornstarch