

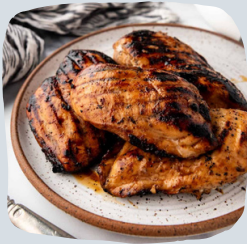


# Meal Plan Week 27

Easy BBQ Beef Brisket Sandwiches with Homemade Coleslaw + Best Chicken Marinade Recipe + Creamy Italian Sausage Pasta + Pretzel Dogs + Garlic Lime Baked Tilapia + Bonus White Chocolate Macadamia Nut Cookies



**Monday**



**Tuesday**



**Wednesday**



**Thursday**



**Friday**



**Bonus!**

## Produce:

- Lemon
- Head of garlic\*
- Medium onion
- Fresh basil
- Limes (3)
- Coleslaw mix
- Green bell pepper (optional for coleslaw)

## Meat/Poultry/Fish:

- 2 cups of Beef Brisket sliced or shredded (use my Smoked Beef Brisket recipe or my Oven Roasted Beef Brisket)
- Chicken breasts or thighs (2 lbs)
- Mild or sweet Italian sausage (1 lb)
- Hot dogs (8)
- Tilapia (4 filets 6-8 oz each)

## Pantry:

- BBQ Sauce (just use your favorite or my homemade BBQ Sauce Recipe)
- Olive oil\*
- Light brown sugar\*
- Low-sodium soy sauce
- Balsamic vinegar
- Worcestershire sauce
- Penne or casarecce pasta (1 lb)
- Chicken broth (3/4 cup)
- Active dry yeast (1 packet)
- All-purpose flour\*
- Baking soda\*
- Mayonnaise
- Dijon or whole-grain mustard
- Apple cider vinegar
- Granulated sugar\*
- Vanilla extract
- White chocolate chips (12 oz)
- Dry roasted macadamia nuts (1 cup)

## Other:

## Seasonings:

- Smoked paprika
- Kosher salt\*
- Ground black pepper\*
- Italian seasoning
- Bay leaves
- Pretzel salt, flaky sea salt, or sesame seeds (for garnish)
- Red pepper flakes
- salt
- Dried onion powder
- Celery seed

## Dairy/Eggs:

- Sliced Provolone cheese
- Heavy cream
- Freshly grated parmesan cheese (1 cup)
- Eggs (3)
- Salted butter\*

## Bread/Bakery:

- Hamburger Buns (4-6)

\*Ingredient is used for more than one recipe.