

# Meal Plan #9

This weekly meal plan includes 5 main dishes, 1 salad, 1 side dish, 1 bread, and 1 dessert. All recipes can be found at [GoodCheapEats.com](http://GoodCheapEats.com) and [LifeasMOM.com](http://LifeasMOM.com). Click on the link in this PDF to go directly to the online recipe.



## Recipes

- **Packable Meal:** [Pulled Chicken Sliders](#) (serve with homemade buns and sides)
- **Meatless Meal:** [Chile Cheese Bake](#) (add a salad)
- **Pasta Meal:** [Creamy Chicken Pasta with Spinach and Tomatoes](#) (add a salad or vegetable)
- **Pizza Meal:** [Fish-Shaped Calzones](#) (make 3; add a salad or veggie dippers)
- **Grilled Meal:** Your choice of meat grilled with [Jamie's Spice Mix](#) as a rub (add sides)
- **Salad:** Tossed Salad with [Ranch Dressing](#)
- **Side Dish:** [Crockpot Potatoes](#)
- **Bread:** [Homemade Hamburger Buns](#)
- **Dessert:** [Double Chocolate Toffee Cookies](#)

### Notes:

- The Chile Cheese Bake is made with roasted poblano chiles. If you've never roasted chiles before, [see this post on how to roast chiles](#).
- [Jamie's Spice Mix](#) is featured in two recipes for this plan,. Make a batch at the start of the week so that it's ready and waiting when you need it.

# Shopping List

## Produce:

- ☐ 1—2 tomatoes for sliders
- ☐ lettuce leaves for sliders
- ☐ romaine lettuce and toppings of your choice for tossed salad
- ☐ 1 lemon (for zesting)
- ☐ 3 poblano chiles
- ☐ 1 clove garlic
- ☐ 2 cups fresh spinach
- ☐ large baking potatoes (one per person in your family)

## Dairy:

- ☐ 1 1/2 cups sour cream
- ☐ 8 ounces shredded cheddar cheese
- ☐ 1 stick butter
- ☐ 1 cup heavy cream
- ☐ grated parmesan cheese
- ☐ 1 1/2 to 3 cups shredded mozzarella cheese
- ☐ 1/2 cup buttermilk
- ☐ 1 1/4 cup milk
- ☐ 3 eggs

## Butcher / Deli Case:

- ☐ 1 – 2 pounds chicken tenders
- ☐ 2 pounds boneless, skinless chicken breast
- ☐ your choice of meat for grilling
- ☐ sliced pepperoni

## Dry / Canned Goods:

- ☐ sliced pickles
- ☐ choice of condiments for sliders: mayonnaise, mustard, ketchup, BBQ sauce
- ☐ 12 ounces bottled salsa verde (I like Herdez)
- ☐ 1 can sliced olives

- ☐ 1 (6-ounce) can tomato paste
- ☐ 1/4 cup julienned, sundried tomatoes
- ☐ 10-12 corn tortillas
- ☐ 1 pound pasta
- ☐ 1/2 cup mayonnaise
- ☐ olive oil
- ☐ canola oil
- ☐ cooking sherry
- ☐ 3 tablespoons sucanat, sugar, or honey
- ☐ 2 tablespoons honey
- ☐ 1 cup dark brown sugar
- ☐ 4 cups bread flour
- ☐ 6 1/2 cups flour
- ☐ 1 tablespoon plus 1 teaspoon vital wheat gluten
- ☐ about 2 tablespoons active dry yeast
- ☐ baking powder
- ☐ 1 cup chocolate chips
- ☐ 1 cup crushed Heath bars OR 1/2 cup chocolate chips and 1/2 cup toffee bits

## Spices:

- ☐ 1 bay leaf
- ☐ 3 peppercorns
- ☐ onion powder
- ☐ garlic powder
- ☐ paprika
- ☐ dried basil
- ☐ dried oregano
- ☐ dried parsley
- ☐ salt
- ☐ sea salt
- ☐ black pepper
- ☐ celery seeds
- ☐ cayenne pepper
- ☐ rubbed sage
- ☐ vanilla extract