

Meal Plan #16

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



Recipes

- **Meatless Meal:** [Simple Bean Tostadas](#)
- **Easy Meal:** [Pizza Bagels](#) (add salad)
- **Breakfast for Dinner Meal:** [Hashbrown Stacks](#) (serve biscuits on side)
- **A Little Bit Fancy Meal:** [Summer Rolls](#)
- **Meal:** [Chicken Salad Wraps](#)
- **Salad:** [ChiChi's Salad](#)
- **Bread:** [Drop Biscuits](#)
- **Dessert:** [Mint Chocolate Cream Parfaits](#)

Notes:

Here are some tips for making meal prep easier:

Shred the cheeses all at the same time if you're not buying it shredded already. You'll need cheddar for the tostadas and hashbrown stacks, mozzarella for the pizza bagels and salad.

Mix the dry mix of the biscuits in advance to save time. Bake them early, too, if you like.

Make the pudding and assemble the parfaits in the morning so that they have time to chill before serving.

Wash, dry, and chill the lettuce or cabbage leaves for the chicken salad rolls a few hours in advance. They'll keep, wrapped in paper toweling in the fridge. The chilled leaves will have better flavor and crunch than those that might be room temperature.

Shopping List

Produce:

- ☐ shredded lettuce
- ☐ 2 onions
- ☐ 1 red bell pepper
- ☐ 2 carrots
- ☐ 1 bunch of cilantro
- ☐ 2 avocados
- ☐ 3 cloves garlic
- ☐ 2 heads of romaine lettuce
- ☐ 1 tomato
- ☐ 2 ribs celery
- ☐ 1 small apple
- ☐ 2 scallions
- ☐ 1 tablespoon grated fresh ginger
- ☐ napa cabbage
- ☐ shredded carrots
- ☐ 1 1/2 cup fresh mint leaves

Dairy:

- ☐ grated cheese for tostadas
- ☐ 1 cup shredded cheddar cheese
- ☐ 2 1/2 cups shredded mozzarella
- ☐ 1/2 cup shredded Monterey Jack
- ☐ 9 eggs
- ☐ sour cream
- ☐ 3 1/4 cups whole milk
- ☐ 1 cup whipping cream

Deli/Meat Case:

- ☐ 3 pounds boneless, skinless chicken breasts
- ☐ sliced pepperoni

Frozen:

- ☐ 1 package hashbrown patties

Dry / Canned Goods:

- ☐ vegetable oil
- ☐ 3 tablespoon light olive oil
- ☐ 5 tablespoons sesame oil
- ☐ corn tortillas
- ☐ 1 lb dried pinto beans
- ☐ 1 cup pizza sauce
- ☐ salsa of your choice
- ☐ 1/4 cup red wine vinegar
- ☐ about 1 cup rice vinegar
- ☐ 6 tablespoons soy sauce
- ☐ 1 package rice noodles
- ☐ 1 package rice paper rounds
- ☐ 2 tablespoons peanut butter
- ☐ 1 tablespoon honey
- ☐ 1/4 chopped almonds
- ☐ at least 2 tablespoons mayonnaise
- ☐ 1 can garbanzo beans
- ☐ 1 jar pepperoncini peppers
- ☐ 2 2/3 cups sugar
- ☐ 1 tablespoon powdered sugar
- ☐ 1/4 cup cornstarch
- ☐ 3/4 cup cocoa powder
- ☐ 1/2 cup chocolate chips
- ☐ 2 cups crushed Oreo cookies
- ☐ 1 cup unbleached flour
- ☐ 1 cup whole wheat pastry flour
- ☐ 1 tablespoon baking powder
- ☐ 4 bagels

Spices & Extracts:

- ☐ salt
- ☐ pepper
- ☐ garlic powder
- ☐ wasabi powder
- ☐ crushed red pepper
- ☐ paprika
- ☐ dried oregano
- ☐ dried basil
- ☐ peppermint extract