

Meal Plan #33

This weekly meal plan includes 5 main dishes, 1 bread, 1 side dish, 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 recipe.



Recipes

- **Slowcooker Meal:** [Ham in a Crockpot](#)
- **Slowcooker Meal:** [California Chicken Gumbo for a Mob](#)
- **Slowcooker Meal:** [Bean & Meat Crockpot Enchilada](#)
- **Slowcooker Meal:** [Carnitas Soft Tacos](#) with [Fresh Guacamole](#)
- **Slowcooker Meal:** [Chicken in the Slow Cooker](#)
- **Salad/Side:** [Simple Dill Potatoes](#)
- **Bread:** [Homemade Baguettes](#)
- **Dessert:** [Pepita Bars](#)

Notes:

- Reserve some of the crockpot ham to be used in the chicken gumbo.
- Consider making enough Mexican-inspired side dishes for both the enchilada night and the taco night so that you don't have to cook on one of those nights. Be sure to load up on salsa and sour cream.

Shopping List

Produce:

- 1/2 cup chopped celery
- 2 onions
- 1/2 cup chopped bell pepper
- 4 pounds small russet or red potatoes
- 3 or 4 avocados (for guacamole and optional topping)
- 1 lemon

Dairy:

- 1 pound grated cheddar cheese
- sour cream (optional topping)
- 2 tablespoons butter
- 2 eggs

Butcher / Deli Case:

- 1 pound ground beef or turkey
- 2 pounds boneless, skinless chicken
- 1 whole chicken
- 1 large ham that fits in your crockpot
- 3-4 pound pork shoulder roast

Frozen Foods:

Dry / Canned Goods:

- olive oil
- 1 teaspoon Dijon mustard
- 20 corn tortillas
- 2 1/4 cups enchilada sauce
- 1 can black beans
- 1 small can sliced black olives
- 1 cup canned sliced okra (or use fresh)
- 1 cup chopped tomatoes
- 2 tablespoon pimiento (optional)
- salsa of your choice (optional topping)
- 1/4 cup dry rice
- 1/3 cup dried black-eyed peas

- 2 1/2 quarts chicken broth
- 5 cups flour
- 2 teaspoons baking powder
- 2 1/4 teaspoons yeast
- 2 3/4 cups dark brown sugar
- 1/2 cup dried cranberries
- 2 cups pepitas or chopped nuts of your choice

Spices & Extracts:

- salt
- pepper
- dried dill weed
- dried oregano
- ground cloves
- spices of choice for chicken—garlic powder, dried onion, rosemary, thyme, herbs de provence, oregano, basil, or sage
- vanilla extract

Beverages:

- 2 cups apple grape juice (or apple juice)