

Meal Plan #37

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

- **Grilled Meal:** [Bratwurst with Sautéed Peppers and Onions](#)
- **Skillet Meal:** [Hot Italian Beef Sandwich](#)
- **Meatless Meal:** [Simple Bean Tostadas](#)
- **Soup Meal:** [Cheddar Cheese Soup with Zucchini, Broccoli, and Carrots](#)
- **“Breakfast for Dinner” Meal:** [Pancakes with Apples and Maple Butter](#)
- **Salad:** [Broccoli Slaw with Pecans and Cranberries](#)
- **Side Dish:** [Easy Jalapeno Poppers with Bacon and Rice](#)
- **Bread:** [Homemade White Whole Wheat Sub Rolls](#)
- **Dessert:** [Cocoa Brownies](#)

Notes:

- Spend some time chopping vegetables at the beginning of the week. Get one knife and cutting board dirty for the entire week by prepping in advance. This will save a lot of time and dishes, as well as make evening meal prep a snap.
- The beef filling and cheese soup are freezer-friendly. If there are leftovers, cool, wrap, and freeze them for another night.

Shopping List

Produce:

- 3 heads broccoli
- 1 red onion
- 1 1/2 onion
- 2 cloves garlic
- 1 medium zucchini
- 1 red bell pepper
- 2 green bell peppers
- 12 jalapeno peppers
- 4 mushrooms
- 1 carrot
- 2 large tomatoes
- 2 cups shredded lettuce
- 3 apples
- 1 lime for juice (or 2 tablespoons juice)
- 1 lemon for zest
- 1/4 cup chopped cilantro

Dairy:

- 6 tablespoons butter plus extra for cooking
- about 7 cups milk
- 1 cup heavy whipping cream
- 5 cups grated cheddar cheese
- 8 ounces cream cheese
- 1/2 cup sour cream
- 3 eggs

Butcher / Deli Case:

- bratwurst sausages
- 2 pounds boneless chuck roast
- 6 slices bacon

Dry / Canned Goods:

- vegetable oil
- olive oil
- 3 tablespoons red wine vinegar
- 1/2 cup mayonnaise
- hot dog buns or [ingredients for homemade hot dog buns](#)

- 12 corn tortillas
- salsa of choice or [ingredients for homemade salsa](#)
- 1 (6-ounce) can tomato paste
- 2 (15-ounce) cans refried beans or ingredients for [homemade pinto beans](#)
- 1 cup cooked brown rice
- 3 cups chicken broth
- 2 tablespoons maple syrup
- about 1 1/2 cups sugar
- 1 tablespoon sucanat, brown sugar, or sugar
- 2 cups white whole wheat flour
- about 6 cups unbleached, all-purpose flour
- 1 tablespoon vital wheat gluten (optional)
- 1 tablespoon yeast
- 1/2 cup cocoa
- baking powder
- baking soda
- 1 cup pecans
- 1/3 cup dried cranberries
- 1/4 walnuts, chocolate chips, marshmallows, or M&Ms (optional)
- 2 teaspoons instant coffee (optional)

Spices & Extracts:

- salt
- fine sea salt
- black pepper
- cayenne pepper
- celery seeds
- cumin
- dried basil
- garlic powder
- onion powder
- dried oregano
- paprika
- cinnamon (optional)
- vanilla extract