

# Meal Plan #39

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

- **Sandwich Meal:** [Brie and Bacon Panini with Mushrooms and Onions](#)
- **Meatless Meal:** [Alfredo Mac and Cheese](#)
- **Soup Meal:** [Chicken Noodle Soup](#)
- **Kid-Friendly Meal:** [Crispy Chicken Tenders](#) (serve with potato salad)
- **Breakfast for Dinner:** [Oatmeal Waffles](#) (add bacon on the side)
- **Salad:** [Spinach Salad with Oranges, Cranberries, and Sunflower Seeds](#)
- **Side Dish:** [Loaded Potato Salad with Greek Yogurt, Bacon & Cheddar](#)
- **Bread:** [Drop Biscuits](#)
- **Dessert:** [Personal Cherry Crumbles](#)

### Notes:

- If you think you'll have leftover Chicken Noodle Soup, cook the noodles separately and then add noodles to individual bowls of soup. The noodles won't become mushy in the leftovers.
- Buy a whole pound of bacon, cook it at one time, and divide it up for different uses during the week — enjoy some with waffles, some in your sandwiches, and a bit in the potato salad.
- If you've got extra fresh herbs, throw a bit into the Drop Biscuits for a different flavor.
- Consider preparing several batches of Waffle Mix and Biscuit while you have all the stuff out. You'll save time later when you lean on [homemade baking mixes](#).

# Shopping List

## Produce:

- 2 onions
- 2 tablespoons chopped red onion
- 2 carrots
- 1 small zucchini
- 1 cup sliced mushrooms
- 1 bag spinach
- 2 1/2 pounds potatoes
- 4 oranges
- 1 lemon for juice (or 1 tablespoon juice)
- 4 cloves garlic
- chopped scallions (optional)
- 1 tablespoon freshly chopped herbs of your choice (dill, tarragon, rosemary, thyme, oregano)

## Dairy:

- 3/4 cup butter plus extra for cooking sandwiches
- 1/2 cup grated sharp Cheddar cheese
- 2 cups shredded mozzarella cheese
- 1 cup shredded Asiago, Romano, or Parmesan cheese
- 1/4 pound Brie cheese
- 6 eggs
- 3 1/4 cups milk
- 2 cups buttermilk
- 1 cup plain Greek yogurt

## Butcher / Deli Case:

- 2 to 3 chicken breasts
- 1 1/2 pounds chicken tenders
- 1 pound bacon

## Frozen Foods:

- 4 cups tart frozen cherries

## Dry / Canned Goods:

- about 1 cup olive oil
- 1/2 cup vegetable oil
- 1/2 cup balsamic vinegar
- 8 cups chicken broth
- 3/4 cup bread crumbs
- 1 pound elbow macaroni
- 8 to 16 ounces egg noodles (depends on your family's preference)
- 8 slices sourdough bread
- about 2 cups unbleached, all-purpose flour
- 4 cups whole wheat pastry flour
- 1 cup sugar
- 1/4 cup brown sugar
- 1 1/2 cups quick oats
- 1/4 cup cornstarch
- 2 tablespoons baking powder
- 1 teaspoon baking soda
- 1/4 cup dried cranberries
- 1/4 cup sunflower seeds

## Spices:

- salt
- sea salt
- kosher salt
- black pepper
- cinnamon
- ground nutmeg
- marjoram
- dried parsley flakes
- rubbed sage
- vanilla extract