

Meal Plan #27

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

- **Freezer Meal:** [Chicken, Bean, and Cheese Burritos](#) (makes 12, freeze extras)
- **Casserole Meal:** [Chicken Pot Pie](#)
- **Sandwich / To-Go Meal:** [Italian Sub Sandwiches](#)
- **Crockpot Meal:** [Bean and Rice Soup](#)
- **Soup Meal:** [Vegetable Beef Minestrone Soup](#)
- **Salad:** Tossed Salad with [Basic Vinaigrette Dressing](#)
- **Bread:** [Flaky Buttermilk Biscuits](#)
- **Dessert:** [Apple Cider Floats](#)

Notes:

- To save time, cook the chicken for the burritos and the pot pie together and reserve the portion that you need for the other meal. If you want to use chicken in the Bean & Rice soup, increase the amount of chicken and cook it then as well. Poaching is an easy way to do this. The recipe for Simply Poached Chicken in *Not Your Mother's Make Ahead and Freeze Cookbook* is a quick and easy way to do this.
- The Italian Sub Sandwiches can be made earlier in the day and wrapped in plastic wrap. Pack them up for an easy alternative to fast food on those practice and game nights.

Shopping List

Produce:

- 1 1/2 cup diced carrots
- 2 1/2 cups diced potatoes
- 3/4 cup bell pepper
- 2 1/4 cups chopped onion
- 1 1/2 cup chopped mushrooms
- 1 clove garlic
- 1 or 2 tomatoes
- lettuce leaves for sandwiches
- red onion
- 1 cup chopped celery
- chopped cilantro (optional)
- basil leaves
- preferred ingredients for tossed salad
- 1/4 cup citrus juice (if not using vinegar)

Dairy:

- 2 cups shredded cheese (cheddar, Jack, or Mexican blend) plus extra for soup topping
- 2 sticks butter
- 3/4 cup buttermilk
- 1/2 cup milk
- half and half for brushing biscuits

Butcher / Deli Case:

- 2 pounds boneless, skinless chicken
- 2 cups cooked, cubed pork, beef, or chicken
- 1 1/2 cups cubed roast beef
- 8 slices ham
- 16 slices salami
- 8 slices provolone cheese

Frozen Foods:

- 1/2 cup frozen peas
- double-pie crust OR ingredients to make your own
- vanilla ice cream

Dry / Canned Goods:

- 2 (15-ounce) cans pinto beans (or make your own if you prefer)
- 2 cans black beans
- 1 (15.5 ounce) can garbanzo beans
- about 3 cups tomato sauce
- 7 ounce can salsa verde
- salsa (optional)
- 12 burrito-size tortillas
- 4 long Italian rolls
- 1/2 cup mayonnaise
- 2 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1 1/2 cups chicken broth
- 4 cups beef or chicken broth
- 6 cups beef broth
- 1 cup cooked rice
- 1/2 cup orzo
- pepperoncini
- olive oil
- 1/4 cup vinegar (if not using citrus juice)
- Dijon mustard (optional for vinaigrette)
- caramel sauce

Spices:

- salt
- black pepper
- dried basil
- dried oregano
- dried thyme
- sweet paprika
- taco seasoning (or [ingredients to make your own](#))
- optional mix-ins for vinaigrette (see recipe)

Beverages:

- 1 cup red wine
- 1 bottle sparkling apple cider