

Weekly Meal Plan #1



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

Recipes

- **Meal** (Meaty): [Easy Skillet Pork Chops](#) (add steamed rice and a salad or vegetable)
- **Meal** (Beans): [Jalapeno Chili with toppings](#) (add breadsticks or other bread)
- **Meal** (Casserole): [Fresh Basil and Garlic Chive Lasagne](#) (add: side dish vegetable and/or Caesar Salad, breadsticks)
- **Meal** (Soup): [Cheddar Cheese Soup with Zucchini, Broccoli, and Carrots](#) (add bread)
- **Meal** (Salad/Packable): [Tortellini Pasta Salad](#) (add bread)
- **Salad/Side:** [Caesar Salad](#)
- **Bread:** [Easy Garlic Breadsticks](#)
- **Dessert:** [Butternut Squash Brownies](#)

Mealtime Shortcuts

- Learn how to [make butternut squash puree](#) if you're using fresh squash. You can also use canned pumpkin or squash puree in the brownies.
- Shred the cheese for the chili topping, lasagna, and soup all at one time.
- Cook all the ground beef at one time. Divide it in half for the chili and the lasagna. Use the meat within 3 days of cooking.
- Chop all the onions at one time and store in a covered container in the fridge.

Shopping List

Produce:

- 2 lemons
- 9—10 garlic cloves
- 2 onions
- 1 jalapeno pepper
- 1 medium zucchini
- 2 carrots
- 1 head broccoli
- 2 cups spinach
- 1 head romaine lettuce
- fresh basil, about 1/4 cup chopped
- garlic chives, about 3 T (can use regular chives or scallions)
- 10-ounce package grape tomatoes
- 1/2 cup butternut squash (or pumpkin) puree

Dairy:

- 2 cups milk
- 3 eggs
- 8 ounces cream cheese
- 3 cups shredded mozzarella cheese
- 2 cups shredded cheddar cheese
- 3/4 cup freshly grated parmesan
- 6 T butter

Butcher / Deli Case:

- 2 pound ground beef
- 4 to 6 pork chops

Dry / Canned Goods:

- 16 ounces garbanzo beans
- 24 ounces pinto beans
- 16 ounces black beans
- one 28-ounce can crushed tomatoes
- 1 cup tomato sauce
- 12 ounces cheese tortellini
- 6 to 8 lasagne noodles
- 8 ounces barbecue sauce

- red wine vinegar
- olive oil
- Vegetable oil
- 4 cups chicken broth
- 1 cup croutons
- 1 cup sugar
- 1 cup chocolate chips
- 2 1/4 cups bread flour
- 1 cup unbleached all-purpose flour
- 1/2 cup cocoa powder
- salt
- pepper
- vanilla extract
- baking powder
- ground cinnamon
- garlic powder
- dried oregano
- dried basil
- Yeast

Optional:

- Toppings for chili (cooked rice, shredded cheese, diced tomatoes, cilantro, avocado, jalapeno)
- 1/2 cup orange juice, pineapple juice, or broth for pork chops (can use water)
- Rice
- 1-2 side vegetables
- Bread as side (if not using breadsticks)