

Meal Plan #22

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

- **Slow Cooker Meal:** [Quickest Chili in the West](#) (add bread or chips)
- **Pasta Meal:** [Peanut Butter Noodles](#)
- **Grilled Meal:** [Dijon Chicken](#) (add sides)
- **Mexican-style Meal:** [Chili Stacks](#)
- **Pizza Meal:** [Pizza Margherita](#) (add salad)
- **Salad/Side:** [Carrot Salad with Cilantro and Pepitas](#)
- **Bread:** [Buttermilk Cornbread](#)
- **Dessert:** [Spiced Pumpkin Cake with Maple Glaze](#)

Notes:

- At our house, I often need to make two batches of pizza dough so that everyone can eat his fill. If you make a full batch, it should make four 12-inch thin crust pizzas. It will make 4 9-inch pan pizzas. It's up to you how many pizzas you make. If you have leftover dough, freeze it in a zip-top freezer bag after it has risen for about 20 minutes after the dough ball is formed.
- You can substitute sunflower seed butter for peanut butter if you have nut allergies in your family.
- Got extra cilantro? Here's how to [save cilantro](#) so it stays fresh longer.
- Freeze the extra uncooked Dijon chicken breasts for another meal. Or go ahead and cook them and then freeze them for an even quicker meal on the other side of thawing.

Shopping List

Produce:

- 1 medium tomato
- 1 medium carrot
- 4 cups shredded carrot
- 1/2 cup chopped onions
- green onions
- fresh basil
- fresh cilantro
- fresh ginger
- 1 lemon for zest
- orange for 1/4 cup fresh juice

Dairy:

- 4 eggs
- 1 tablespoon milk
- 1 1/2 cup buttermilk
- 1 cup shredded mozzarella
- 2 cups shredded Monterey Jack or cheddar cheese
- sour cream (optional)

Butcher / Deli Case:

- 8 boneless, skinless chicken breasts
- 1 3/4 to 2 lbs ground turkey or beef

Dry / Canned Goods:

- vegetable oil
- olive oil
- 1 tablespoon sesame oil
- 1/3 cup rice wine vinegar
- 2 tablespoons red wine vinegar
- 2 tablespoons soy sauce
- 2 tablespoons peanut butter
- 1 lb linguine or spaghetti
- 6 corn tortillas
- 8 1/4 cups unbleached flour
- 3/4 cup whole wheat pastry flour
- 1 tablespoon yeast
- 1 cup dark brown sugar

- 1 cup powdered sugar
- 1/2 cup sugar or sucanat
- 3 tablespoons honey
- 1 tablespoon maple syrup
- one 15 oz can pumpkin puree
- one 14.5 oz can petit diced tomatoes
- one 28 oz can crushed tomatoes
- one 28 oz can pinto beans
- two 15 oz cans black beans
- one 15 oz can hominy
- 1/2 cup tomato sauce
- 1/3 cup Dijon mustard
- 2 tablespoons baking powder
- 1 1/2 teaspoons baking soda
- 1/2 cup cornmeal
- 1/4 cup pepitas

Spices & Extracts:

- salt
- sea salt
- ground black pepper
- cayenne pepper
- crushed red pepper
- chili powder
- onion flakes
- onion powder
- garlic powder
- paprika
- cumin
- dried basil
- dried oregano
- dried parsley
- celery seeds
- ground cinnamon
- ground nutmeg
- ground ginger
- ground cloves
- maple extract
- vanilla extract