

Meal Plan #2

This weekly meal plan includes 5 main dishes, 3 side dishes, 1 dessert, and 1 bread. 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

- **Fish Meal:** Fish with [Spicy Fish Rub](#), [Easy Garlic Green Beans](#), and [Simple Rice Pilaf](#)*
- **Pasta Meal:** [Vegetable Bolognese with Eggplant, Peppers, and Zucchini](#)* (add pasta, side vegetables/salad, and bread)
- **Soup Meal:** [Roasted Vegetable Soup with Fresh Oregano](#)*(add bread)
- **Mexican-style Meal:** [Queso Fundido](#)* (add [corn tortillas](#), [salsa](#), and salad)
- **“Meat & Potatoes” Meal:** [Baked Chicken](#), [Simple Dill Potatoes](#) (add vegetable sides)
- **Salad/Side:** [Cumin-Scented Cabbage Salad](#)
- **Bread:** [Buttermilk Cornbread](#)*
- **Dessert:** [Double Chocolate Magic Bars](#)*

Notes:

- Flours — In recipes that call for whole wheat pastry flour, you can sub unbleached flour if you cannot find the pastry flour.
- Buttermilk goes well in [Homemade Ranch Dressing](#) as well as a number of baked goods. If you want to use it for baking, you can freeze until you are ready to bake.
- This meal plan is notably heavy on proteins which can be more expensive. Feel free to sub out one of the meals in a given week in order to spread out your “meaty meals.” If you follow the shopping list, you’ll already have the ingredients for that missed meal another time.
- *asterisks indicate recipes that can be made ahead and frozen.

How to make this meal plan [Whole 30 compliant](#):

- Eliminate the rice, potatoes, pasta, tortillas, bread, and dessert.
- Make some of the *queso* without the cheese, in which case it is no longer *queso* or *fundido*. It’ll be just spicy sausage. (Check the labels to make sure there are no additives or sugar in the sausage). Serve the sausage and salsa and extra vegetables in lettuce or cabbage leaves.
- Serve abundant vegetable and salad sides.

Shopping List

Produce:

- 3 onions
- 3 bell peppers, at least 1 red
- 1 medium zucchini
- 7 cloves garlic
- 4 pounds russet potatoes
- 2 eggplant
- 1 patty pan squash
- 2 ribs celery
- 4 large carrots
- 1 cup cherry tomatoes (or 2 medium tomatoes)
- 1 head green cabbage
- 5 scallions (green onions)
- 2 large watermelon radishes
- fresh cilantro
- fresh oregano (if not using dried)

Dairy:

- 3 sticks butter
- 2 eggs
- 1 1/4 cup buttermilk
- 2 cups grated pepper jack cheese
- sour cream

Butcher / Deli Case:

- fish of your choice
- 1 pound ground beef
- 1 pound hot Italian sausage
- 4 large bone-in chicken breasts

Frozen Foods:

- 2 cups frozen green beans

Dry / Canned Goods:

- 2 cups brown rice
- 8—10 cups chicken broth
- 1 (14.5 oz) can diced tomatoes
- 3 cups tomato sauce

- jarred salsa or [ingredients for homemade](#)
- olive oil
- corn tortillas or [masa harina for homemade](#)
- 1/2 cup whole grain cornmeal
- 3/4 cup whole wheat pastry flour
- 3/4 cup unbleached flour
- 1/2 cup sugar or sucanat
- baking powder
- baking soda
- apple cider vinegar
- Oreo Cookies, 1 sleeve
- 1 cup chocolate chips
- 1 cup unsweetened flaked coconut
- 1 can sweetened uncondensed milk (fat-free variety is okay)

Spices:

- salt (kosher or fine)
- black pepper
- garlic powder
- paprika
- sweet paprika
- dried dill
- dried thyme
- dried parsley flakes
- dried oregano
- ground ginger
- cayenne pepper
- bay leaf
- cumin

Beverages:

- red wine