

# Meal Plan #3

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

- **Mexican-style Meal:** [Shredded Beef Tacos](#) (add beans and rice or vegetable side dishes)
- **Pasta:** [Cilantro Shrimp Pasta](#) (add vegetable sides)
- **Pizza/Meatless:** [Easy Cheese Pizza](#) (add veggie dippers or salad)
- **Soup:** [Spring Vegetable Soup](#) (add bread)
- **Meaty:** [Salsa Verde Chicken](#) (add sides)
- **Bread:** [Cheese & Herb Biscuits](#)
- **Salad/Side:** [Chopped Salad with Avocado & Radish](#)
- **Dessert:** [Lemon Meringue Pie](#)

### Notes:

- 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 any extra until you are ready to bake.
- Store any leftover cilantro on the bunch in a glass of water. Cover with a plastic bag and store in the refrigerator.

### How to make this meal plan Whole 30 compliant/gluten/grain/dairy free (Extra ingredients not included in the grocery list):

- Serve the taco meat in lettuce or cabbage leaves, omit any dairy toppings, add extra veggies like shredded carrot, chopped green onion, sautéed fajita veggies.
- Omit the parmesan cheese and pasta from the shrimp dish. Double the shrimp and salsa ingredients for increased protein and veg. Serve with spaghetti squash instead of pasta.
- Skip pizza night. Duh. And don't eat the pie or biscuits.
- Use olive oil instead of butter in the soup. Serve the soup with a grilled piece of fish for added protein.
- Check the label on the salsa verde to make sure the ingredients are all compliant with your dietary restrictions.

# Shopping List

## Produce:

- 1 large onion
- about 11 cloves of garlic
- 2 limes
- 3 - 4 lemons, zest needed too
- 3 - 4 leeks for 2 cups
- 2 large potatoes
- 2 large carrots
- 1/2 lb. asparagus spears (about 10)
- shredded lettuce for tacos
- 1 head romaine lettuce
- 2 green onions
- 2 radishes
- 3 large tomatoes
- 1 avocado
- 1 bunch fresh cilantro
- fresh parsley
- fresh dill

## Dairy:

- 2 sticks salted butter
- 1 stick unsalted butter
- 3 eggs
- grated cheddar or jack cheese for tacos
- grated Parmesan cheese
- 8 oz. shredded mozzarella cheese
- 8 oz. shredded Monterey Jack cheese
- 1/2 cup Dubliner, Swiss, or cheddar cheese
- 3/4 cup buttermilk

## Butcher / Deli Case:

- approx. 4 lb chuck roast or chuck steak
- 2 - 3 lbs. chicken tenders
- 1 lb. medium shrimp

## Frozen Foods:

- 9-inch pie shell or ingredients to make [homemade pie crust](#)

## Dry / Canned Goods:

- 1 large (28 oz.) can diced tomatoes
- 1 (6oz) can tomato paste
- corn tortillas
- 12 oz. spaghetti
- salsa for tacos
- salsa verde (Herdez preferred)
- 6 – 8 cups chicken broth
- sunflower seeds
- olive oil
- honey
- 6 1/2 cups flour
- about 2 cups sugar
- 1 tablespoon yeast
- baking powder
- cornstarch
- cream of tartar

## Extracts & Spices:

- chili powder
- crushed red pepper flakes
- cumin
- dried basil
- dried oregano
- black pepper
- salt
- vanilla extract