

Meal Plan #4

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

- **“Meat and Potatoes” Meal:** [Mini Meatloaves* with Stovetop Mac and Cheese](#) (add vegetable sides)
- **Meatless Meal:** [Poblano Chile Enchiladas*](#) (add beans and rice or vegetable sides)
- **Soup Meal:** [Quickest Chili in the West*](#) (add bread and veggie dippers)
- **Sandwich/Packable Meal:** [Buffalo Chicken* Wraps with Blue Cheese Dressing*](#)
- **Pizza:** [Chicken Pesto Pizza with Vegetables](#)
- **Salad/Side:** [Pear & Blue Cheese Salad with Maple Spiced Toppings*](#)
- **Bread:** [Drop Biscuits](#)
- **Dessert:** [Monkey Salad](#)

Notes:

- We've included two recipes with blue cheese this week. Since it can be pricey, you don't want it to go to waste. If you don't use the whole block, wrap it well and stash it in the freezer for another time.
- Recipes with an asterisk * can be made in advance: form the meatloaves and chill or freeze, roast the chiles, prepare the chili or at least cook the meat, grill the chicken, mix the blue cheese dressing, prep the veggies, make the maple spiced toppings, make a biscuit mix by combining the dry ingredients. Add the wet right before baking.

Shopping List

Produce:

- 2 onions
- 1 medium bell pepper
- 6 poblano chiles
- romaine lettuce
- 6 cups mixed baby greens
- 2 medium tomatoes
- 1 avocado
- 4 bananas
- 2 pears
- 1 clove garlic
- green onions

Dairy:

- 2 sticks of butter
- 2 1/4 cups milk
- 1 egg
- 1/2 cup buttermilk
- 1/2 cup mayonnaise
- 16 ounces sour cream
- blue cheese crumbles
- 4 cups shredded cheddar cheese
- 4 ounces shredded mozzarella cheese
- grated cheese (optional) for chili
- sour cream (optional) for chili

Butcher / Deli Case:

- 1 lb. ground beef
- 1 lb. ground beef or turkey
- 1.5 lb. boneless, skinless chicken breasts
- 1/2 cup pesto sauce

Dry / Canned Goods:

- 1 (28-ounce) can crushed tomatoes
- 1 (28-ounce) can pinto beans
- 2 (15-ounce) cans black beans
- 1 (15-ounce) can hominy
- 2 slices bread for breadcrumbs
- 8 large flour tortillas or wrap bread

- 16 ounces macaroni , shells or elbows
- 1 jar salsa verde
- salsa (optional for chili)
- soy sauce
- Tabaasco sauce
- balsamic vinegar
- Dijon mustard
- sugar
- 2 1/4 cups unbleached all-purpose flour
- 1 cup whole wheat flour
- 1 cup whole wheat pastry flour
- 1 1/2 cups pepitas or whole almonds
- roasted & unsalted cashews
- coconut chips
- maple syrup
- baking powder
- olive oil
- yeast
- cornmeal

Spices:

- allspice
- cayenne pepper
- chipotle chile powder
- chili powder (1/4 cup)
- cinnamon
- cumin
- dried oregano
- dried tarragon
- dried thyme leaves
- dried parsley
- garlic powder
- onion flakes
- paprika
- smoked paprika
- salt
- pepper