

Meal Plan #5

This weekly **On-the-Go / Make-Ahead 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

- **Slow Cooker Meal:** [Crockpot Enchiladas](#) (add salad, rice, and beans)
- **Slow Cooker Meal:** [Taco Soup](#)* (add bread or chips as well as toppings)
- **Packable Meal:** [Super Secret Sub](#)
- **Packable Meal:** [Asian Chicken Noodle Salad](#)
- **Casserole Meal:** [Lawnmower Taco](#)* (add vegetable side dish)
- **Salad:** [Loaded Potato Salad with Greek Yogurt, Bacon, and Cheddar](#)
- **Bread:** [Garlic Focaccia](#)*
- **Dessert:** [Applesauce Walnut Bread](#)*

Time-saving tips

- You'll want shredded cheese for the enchiladas, taco soup, lawnmower taco, and potato salad. To save time, shred the cheese for all these dishes at the same time.
- Three of the five meals are of Latin-inspired. You benefit from the common ingredients and toppings to save time and money, but spread them throughout the week to avoid burnout.
- Items with an asterisk can be made ahead and frozen.
- All of these meals can be made at least a day before serving. Don't assemble the subs until shortly beforehand to avoid getting the tortilla soggy, but be sure to prep all the ingredients in advance.
- The Crockpot Enchiladas and the Asian Chicken Noodle Salad both call for cooked chicken breast. Cook enough for both recipes and then stash the chicken for the second recipe in the fridge until the night of serving.

Shopping List

Produce:

- 1 head romaine lettuce
- shredded lettuce
- 1/2 head green cabbage
- 1 red bell pepper
- 2 carrots
- 3 green onions
- 1 bunch cilantro
- 2 cloves garlic
- 2 1/2 pounds potatoes
- 2 tomatoes
- 1 red onion
- 1 orange (for juice)

Dairy:

- 2 eggs
- 1 cup plain Greek yogurt
- 4 cups grated cheddar cheese
- 1/2 cup grated sharp cheddar cheese
- grated cheese (for topping)
- grated mozzarella or Italian Blend cheese (for topping)
- sour cream (for topping)

Butcher / Deli Case:

- 2 cups cooked, shredded chicken
- 4 boneless, skinless chicken breasts
- 2 pounds ground beef or turkey
- deli ham
- salami
- 3 slices bacon

Dry / Canned Goods:

- 4 cups enchilada sauce
- 1 (28 oz) can crushed tomatoes
- 1 can hominy
- 1 can kidney beans
- 1 can pinto beans
- 2 cans black beans

- 1 can sliced water chestnuts
- 12 corn tortillas
- 12 flour tortillas
- salsa (for topping)
- black olives (for topping)
- Italian dressing
- soy sauce
- rice wine vinegar
- 1 pound linguini
- 4 1/2 cups unbleached flour
- 1 cup whole wheat flour
- 1 cup whole wheat pastry flour
- baking soda
- 1 cup brown sugar
- 1 cup powdered sugar
- 1 cup chopped walnuts
- 1/2 cup slivered almonds
- 2 cups chicken or beef broth
- 9 ounces tortilla chips
- sesame oil
- vegetable oil
- olive oil
- nonstick cooking spray
- 2 1/2 teaspoons yeast
- 2 cups applesauce
- taco seasoning mix

Spices & Extracts:

- cinnamon
- crushed red pepper flakes
- dried oregano
- dried parsley
- onion powder
- garlic powder
- salt
- coarse salt
- pepper
- wasabi powder
- vanilla extract