



## Meal Plan #6

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

- **Slow Cooker Meal:** [Ham in the Slow Cooker](#) (add sides)
- **Packable Meal:** [Chef's Salad](#) (add bread)
- **Meatless Meal:** [Beans and Rice with Toppings](#)
- **Pasta Meal:** [Creamy Noodles with Ham and Tomatoes](#)
- **Soup Meal:** [California Chicken Gumbo for a Mob](#) (add bread)
- **Side:** [Tastiest Scalloped Potatoes](#)
- **Salad:** [Broccoli Slaw with Pecans and Cranberries](#)
- **Bread:** [Garlic-Parmesan Swirl Biscuits](#)
- **Dessert:** [Ultimate Carrot Cake](#)

### Time-saving tips

- This meal plan includes some "regulars" for the Easter season, like ham, scalloped potatoes, biscuits, and carrot cake. It also includes recipes to help use up some of those leftovers like Chef's Salad (add ham, turkey, or hard cooked eggs from your holiday dinner) and use leftover ham in the creamy noodle dish and a bit in the Chicken Gumbo.
- Chop and slice leftover ham and then package it for freezing. You don't need to use it all in one week, but this menu plan will help you make good use of it, especially now that it's on sale.
- Not having ham for Easter? No problem. Just be sure to buy a couple hams on sale and store them in the freezer. This meal plan is good at anytime.

# Shopping List

## Produce:

- 3 tablespoons chopped fresh basil
- 5 cloves garlic
- 5 cups mixed greens
- 1 cucumber
- 4 tomatoes
- 3 brown or yellow onions
- 1 red onion
- 2 cups shredded lettuce
- 2 tablespoons chopped fresh basil
- celery for 1/2 chopped
- bell pepper for 1/2 cup chopped
- 3 pounds russet potatoes
- 2 heads broccoli
- 1 lime
- 1 pound carrots
- 1 cup drained sliced okra, fresh or canned (I've used frozen)

## Dairy:

- 8 large eggs
- 1 cup cubed cheddar, jack, or swiss cheese
- 2 cups grated cheddar cheese
- 1 pound unsalted butter
- 1 cup cream
- 1 1/2 cups half and half
- 2 Tablespoons grated Parmesan cheese
- 3/4 cup milk
- 1 lb. cream cheese

## Butcher / Deli Case:

- one large half ham, that fits in your largest crockpot
- 2 cups chopped, cooked chicken, ham, turkey, or beef
- 1 1/4 cup additional chopped ham
- 2 pounds boneless, skinless chicken, diced

## Dry / Canned Goods:

- 2 cups apple/grape juice
- 1 cup dried cranberries
- 1 1/4 cup brown sugar
- 1 pound dried pinto beans
- 2 1/4 cups uncooked white rice
- 1 8-ounce can tomato sauce
- 1 bag tortilla chips
- 1 cup prepared salsa or the ingredients to make [homemade salsa](#)
- 1 pound spaghetti
- 4 1/2 cups flour
- 3 1/2 quarts chicken broth
- 2 Tablespoons pimiento, optional
- 1/3 cup dried black-eyed peas
- 1/2 cup mayonnaise
- 1 Tablespoon baking powder
- 2 tsp. baking soda
- 2 1/4 cup pecans, coarsely chopped
- 1 1/2 cups white sugar plus 1 tablespoon
- 1 1/2 cup vegetable oil
- 1/4 cup extra virgin olive oil
- 1 cup confectioners' sugar, sifted

## Spices, Condiments, & Extracts:

- salt (kosher and fine grain)
- pepper
- 1 teaspoon Dijon mustard
- 1/2 teaspoon ground cloves
- 6 tablespoons red wine vinegar
- 1 teaspoon anchovy paste
- garlic powder
- 1/2 teaspoon dried dill weed
- 1/8 teaspoon crushed red pepper
- 1 Tbs. pure vanilla extract
- 1/4 teaspoon parsley flakes
- 1 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground allspice

optional toppings: sour cream, guacamole, sliced black olives, avocado, chopped green onion