

Meal Plan #9

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

- **Packable Meal:** [Pulled Chicken Sliders](#) (serve with homemade buns and sides)
- **Meatless Meal:** [Chile Cheese Bake](#) (add a salad)
- **Pasta Meal:** [Creamy Chicken Pasta with Spinach and Tomatoes](#) (add a salad or vegetable)
- **Pizza Meal:** [Fish-Shaped Calzones](#) (make 3; add a salad or veggie dippers)
- **Grilled Meal:** Your choice of meat grilled with [Jamie's Spice Mix](#) as a rub (add sides)
- **Salad:** Tossed Salad with [Ranch Dressing](#)
- **Side Dish:** [Crockpot Potatoes](#)
- **Bread:** [Homemade Hamburger Buns](#)
- **Dessert:** [Double Chocolate Toffee Cookies](#)

Notes:

- The Chile Cheese Bake is made with roasted poblano chiles. If you've never roasted chiles before, [see this post on how to roast chiles](#).
- [Jamie's Spice Mix](#) is featured in two recipes for this plan,. Make a batch at the start of the week so that it's ready and waiting when you need it.

Shopping List

Produce:

- 1—2 tomatoes for sliders
- lettuce leaves for sliders
- romaine lettuce and toppings of your choice for tossed salad
- 1 lemon (for zesting)
- 3 poblano chiles
- 1 clove garlic
- 2 cups fresh spinach
- large baking potatoes (one per person in your family)

Dairy:

- 1 1/2 cups sour cream
- 8 ounces shredded cheddar cheese
- 1 stick butter
- 1 cup heavy cream
- grated parmesan cheese
- 1 1/2 to 3 cups shredded mozzarella cheese
- 1/2 cup buttermilk
- 1 1/4 cup milk
- 3 eggs

Butcher / Deli Case:

- 1 – 2 pounds chicken tenders
- 2 pounds boneless, skinless chicken breast
- your choice of meat for grilling
- sliced pepperoni

Dry / Canned Goods:

- sliced pickles
- choice of condiments for sliders: mayonnaise, mustard, ketchup, BBQ sauce
- 12 ounces bottled salsa verde (I like Herdez)
- 1 can sliced olives

- 1 (6-ounce) can tomato paste
- 1/4 cup julienned, sundried tomatoes
- 10-12 corn tortillas
- 1 pound pasta
- 1/2 cup mayonnaise
- olive oil
- canola oil
- cooking sherry
- 3 tablespoons sucanat, sugar, or honey
- 2 tablespoons honey
- 1 cup dark brown sugar
- 4 cups bread flour
- 6 1/2 cups flour
- 1 tablespoon plus 1 teaspoon vital wheat gluten
- about 2 tablespoons active dry yeast
- baking powder
- 1 cup chocolate chips
- 1 cup crushed Heath bars OR 1/2 cup chocolate chips and 1/2 cup toffee bits

Spices:

- 1 bay leaf
- 3 peppercorns
- onion powder
- garlic powder
- paprika
- dried basil
- dried oregano
- dried parsley
- salt
- sea salt
- black pepper
- celery seeds
- cayenne pepper
- rubbed sage
- vanilla extract