

Meal Plan #10

This weekly meal plan includes 5 main dishes, 1 side dish, 1 salad, 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

- **Grilling Night:** [Grilled Chicken](#) (make enough so that you have enough chicken for Pizza Night and Salad Night; add side dishes and bread)
- **Sandwich Night:** [Pan Bagnat Sandwiches](#) (add vegetable side dishes)
- **Pizza Night:** [Basil Chicken Pizza with Fresh Avocado](#) (add salad or veggie dippers)
- **Salad for Dinner Night:** [Poorman's Chicken Caesar Salad](#) (add bread)
- **Slow Cooker Night:** [Bean and Meat Crockpot Enchilada](#) (add salad)
- **Side Dish:** [Quick Seasoned Rice](#)
- **Salad:** [Sunshine Cole Slaw](#)
- **Bread:** [Spiced Carrot Bread](#)
- **Dessert:** [Snickerdoodle Bars](#)

Notes:

- This week's menus have a fair amount of mix and match. Grill chicken one night and use the chicken for two more nights in Caesar Salad and on pizza. Easy peasy.
- You can make a big batch of rice if you like and serve it with the grilled chicken as well as alongside the enchilada dish. Again, cook once, eat twice.

Shopping List

Produce:

- 1 onion
- 2 medium bell peppers
- 3 medium tomatoes
- 2 avocados
- 2 cups chopped lettuce
- 1 large head Romaine lettuce
- 10 oz. shredded cabbage
- 1 large carrot
- 4 cups shredded carrot
- 4 lemons (zest needed from 1 lemon)
- 2 cloves garlic
- 1 tablespoon chopped chives
- 1 tablespoon chopped parsley

Dairy:

- 3/4 cup shredded Romano cheese
- 1 pound grated cheddar cheese
- 4 ounces mozzarella
- 1 cup buttermilk
- 1 – 2 tablespoons of milk
- 2 tablespoons butter
- sour cream (for topping)
- 13 eggs
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Butcher / Deli Case:

- enough boneless, skinless chicken breast for your family for grilling, pizza and salad for dinner
- 1 pound ground beef or turkey
- 1/2 cup pesto sauce

Dry / Canned Goods:

- 2 1/2 cups enchilada sauce
- 1 can black beans
- 2 small cans tuna
- 1 small can sliced black olives
- 1/2 cup Kalamata or Nicoise olives

- 8 corn tortillas
- salsa (for topping)
- 2 French baguettes
- fresh bread for homemade croutons (or store-bought croutons)
- about 6 cups sugar
- 1/2 cup plus 1 teaspoon brown sugar
- 1 cup powdered sugar
- about 11 cups unbleached all-purpose flour
- 1 cup whole wheat flour
- 1/2 tablespoon yeast
- baking powder
- baking soda
- cornmeal (for sprinkling)
- about 3 cups vegetable oil
- about 1 cup olive oil
- 1 tablespoon mayonnaise dressing
- Dijon mustard
- red wine vinegar
- 2 cups chicken broth
- 1 cup long grain white rice
- 1/4 roasted and unsalted sunflower seeds

Spices:

- salt
- black pepper
- paprika
- cinnamon
- ground ginger
- ground nutmeg
- ground cloves
- dill weed
- cayenne pepper
- garlic powder
- onion powder
- dried parsley
- your favorite seasoning blend for rice
- vanilla extract