

Meal Plan #7

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

- **Pizza:** [Burrito Pizza](#)
- **Soup:** [Tortellini Soup with Sausage and Vegetables](#)
- **Packable Meal:** [Orchard Chicken Salad](#)
- **Meatless Meal:** [Fajita Omelet](#)
- **Meaty Meal:** [Grilled Steak Gyros](#)
- **Bread:** [Homebaked Pita Bread](#) (serve with gyros)
- **Side Dish:** [Grilled Vegetable Kebabs](#)
- **Salad:** [Romaine and Cranberry Salad with Feta, Balsamic, and Almonds](#)
- **Dessert:** [Cranberry Chocolate Snack Cake](#)

Notes:

- If a recipe is designated as serving only one or two people, you may need to adjust your shopping list to suit your family. The ingredients on the shopping list have been multiplied to suit a family of 4.
- The recipe for Burrito Pizza can feed 1 to 4 people, depending on appetites and side dishes. It calls for 1/4 a batch of pizza dough. Go ahead and make the full batch of dough. You can bake extra pizzas and freeze them or simply freeze the dough to use on a different night. Form each portion into a tight ball, wrap well in plastic wrap, slip it into a ziptop bag, and freeze immediately. To serve later, pull the dough ball from its wrappings and place in a greased bowl to thaw and rise.

Shopping List

Produce:

- 5 onions
- 1 red onion
- 4 green onions
- 4 bell peppers (red or green)
- 1 red bell pepper
- 1 green bell pepper
- 1 zucchini
- 1 yellow squash
- about 2 packages button mushrooms
- 1 large tomato
- 2 pints cherry tomatoes (or 4 large tomatoes)
- 11 cloves garlic
- 1 large turnip
- 1 cup green beans
- 1 jalapeno
- 1 cup red grapes
- 2 cups diced apple
- 4 cups salad greens
- spinach and mixed salad greens
- romaine lettuce (for salad for 4)
- 2 lemons for juice
- 1 orange for zest
- 1 cup fresh cranberries

Dairy:

- 1 cup grated mozzarella
- 1/2 cup grated cheddar cheese
- 1 cup feta cheese plus additional for gyro topping
- 13 eggs
- 1/2 cup plain yogurt
- 1/2 cup butter
- 3/4 cup milk

Butcher / Deli Case:

- 5 cups cooked, chopped chicken
- 1/2 lb mild bulk Italian sausage
- 1 top sirloin steak

Dry / Canned Goods:

- 1 cup cooked black beans
- 1/4 sliced black olives
- 1 1/4 cup olive oil
- 7 teaspoons honey
- 2 cups brown sugar
- 9 1/2 cups unbleached flour
- 1 cup whole wheat flour
- 5 1/4 teaspoons yeast
- 6 - 8 cups beef broth
- 12 ounces cheese tortellini
- 1 1/2 cup dried cranberries, 1 cu
- 1 1/2 cup mayonnaise
- 7 teaspoons apple cider vinegar
- 1/2 cup balsamic vinegar
- 1/2 cup red wine vinegar
- 4 Tablespoons sliced almonds, 1/2 cup
- 1/4 cup chocolate chips
- baking powder

Optional:

- pizza sauce if you want to make a traditional pizza with additional dough
- additional pizza toppings including cheese
- toppings for fajita omelet - avocado slices, salsa, sliced black olives, shredded cheese, sour cream

Spices & Extracts:

- salt
- black pepper
- cayenne pepper
- cumin
- dried thyme
- dried dill weed
- dried oregano
- vanilla extract