

Meal Plan #8

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

- **Poultry Meal:** [Roast Chicken](#) (make 2 and use leftover meat and drippings for soup and casserole)
- **Meat Meal:** [Bratwurst with Sautéed Peppers and Onions](#)
- **Soup Meal:** [Thursday Night Soup](#)
- **Casserole Meal:** [Chicken Pot Pie](#)
- **Pasta / Dinner Salad Meal:** [Cannellini Bowtie Pasta Salad](#)
- **Side Dish:** [Jalapeno Popper Potatoes](#)
- **Salad:** [Chi Chi's Italian Salad](#)
- **Bread:** [Garlic Herb Pretzels](#)
- **Dessert:** [Honey Lemon Cheesecake Bars](#)

If making your own chicken stock, follow these guidelines for [How to Make Chicken Stock](#).

Notes:

This cooking plan is designed to help you make the most of your minutes as well as your ingredients. Many of the meals build on one another.

- Cook two chickens at the same time to save on energy costs in heating the oven.
- Eat one as a main course one night.
- Use the meat in the soup, chicken pot pie, and add any extras to the salads for added protein. You can also freeze the leftover chicken meat to use another time.
- Save the drippings for gravy for the chicken pot pie.
- Use the leftover carcass to [make chicken stock](#) that you'll use in the Thursday Night Soup.
- Chop all your vegetables at one time, use any leftovers in the Thursday Night Soup.
- Use red potatoes for both the Chicken Pot Pie and the Jalapeno Popper Potatoes. Cook them all at the same time.
- If you feel pinched for time, buy two rotisserie chickens.

Shopping List

Produce:

- 1 lemon (for juice and zest)
- 6—7 onions
- 3 medium carrots
- 3 tomatoes
- 3 bell peppers (at least 1 red and 1 green, other is your choice)
- 2 – 4 jalapeno peppers
- 4 pounds red potatoes
- 1 russet potato or an extra 1/2 pound of red potatoes
- 1 head romaine lettuce
- 5 garlic cloves
- fresh basil
- fresh herbs of your choice for [herbed butter](#) and roasted chicken
- vegetables for soup if you don't have leftovers (carrots, celery, bell pepper, etc)

Dairy:

- 1 1/2 cups milk 1/2 cup
- 1 1/2 cups butter
- 1 cup sour cream
- 2 cups shredded cheddar cheese
- 1/2 cup mozzarella cheese
- 1/2 cup Monterey Jack cheese
- two 8-ounce packages light cream cheese
- 2 eggs

Butcher / Deli Case:

- two 3-5 pound whole chickens (used for multiple recipes)
- three slices bacon
- 1 package bratwurst

Frozen Foods:

- 1/2 cup frozen peas
- double pie-crust (or [ingredients to make your own](#))

Dry / Canned Goods:

- hot dog buns (or [ingredients for homemade hot dog buns](#))
- 2 cups graham cracker crumbs
- 1/2 cup plus 2 tablespoons honey
- 3 1/4 cups plus 1 tablespoon unbleached all-purpose flour
- 1 cup white whole wheat flour
- 1 Tablespoon yeast
- 1/4 cup baking soda
- pinch sugar
- 1/2 cup vegetable oil
- 1/2 cup olive oil
- 1 6-ounce can tomato paste (or small can of tomato sauce)
- 4 cups broth of your choice (consider [making your own](#) for pennies)
- 1 1/2 cup chicken broth (see note above)
- 1/3 cup white wine vinegar
- 1/4 cup plus 1 tablespoon red wine vinegar
- 1 pound bowtie pasta
- 15 ounce can cannellini beans
- 1/2 cup garbanzo beans
- 1/2 cup pepperoncini peppers

Spices:

- salt
- pepper
- bay leaf
- garlic powder
- dried oregano
- dried basil
- dried parsley
- dried thyme
- coarse salt
- poppy seeds
- sesame seeds