

Meal Plan #11

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

- **Beef Meal:** [Popeye Burgers with Spinach](#)
- **Poultry Meal:** [Crispy Chicken Tenders](#)
- **Meat Meal:** [Bratwurst with Sautéed Peppers and Onions](#)
- **Mexican-style Meal:** [Paso Mom Tacos](#)
- **Pizza Meal:** [My Big Fat Greek Pizza](#)
- **Side Dish:** [Loaded Potato Salad with Greek Yogurt, Bacon, and Cheddar](#)
- **Salad:** [Spring Greens with Pepitas and Cilantro-Lime Dressing](#)
- **Bread:** [Hamburger or Hot Dog Buns](#) (divide recipe to make hamburger buns for Popeye Burgers and hot dog buns for Bratwurst)
- **Dessert:** [Simple Vanilla Ice Cream](#)

Notes:

- This meal plan is full of old standards: burgers, chicken strips, brats, tacos, and pizza. How could you possibly go wrong with kid-favorite menus like these?! It's the perfect menu to get you ready for summer.
- There are both bratwurst and hamburgers on this menu. You can make your own buns for both, so easy and good. However, if you are feeding a crowd, make more or buy buns at the grocery store.

Shopping List

Produce:

- 3/4 cup finely chopped greens like spinach, kale, or chard
- about 2 cups spinach (for pizza)
- lettuce or other greens (for burgers and tacos)
- spring mix lettuce
- 3 cloves garlic
- 2 cups sliced mushrooms
- 8 tomatoes
- green onion
- 1/2 cup cilantro
- 1 lime
- 1 red bell pepper
- 1 green bell pepper
- 2 1/2 pounds potatoes
- 1 onion
- 1 red onion

Dairy:

- about 2 1/2 cups milk
- 2 cups heavy whipping cream
- shredded cheese (for tacos)
- 1/2 cup grated sharp cheddar cheese
- 1 cup shredded mozzarella
- 1 1/2 cup feta cheese crumbles
- 1 cup plain Greek yogurt
- sour cream (for tacos)
- 3 eggs

Butcher / Deli Case:

- 2 pounds lean ground beef
- 1 1/2 pounds chicken tenders
- bratwurst sausages
- 3 slices bacon

Dry / Canned Goods:

- 1/2 cup tomato sauce
- 1 can garbanzo beans
- 1 slice bread (for fresh bread crumbs)
- 3/4 cup bread crumbs
- 1 dozen corn tortillas
- condiments (for burgers)
- salsa or taco sauce
- 1 tablespoon red wine vinegar
- vegetable oil
- olive oil
- 2 tablespoons honey
- 3 tablespoons sucanat, sugar, or honey
- 5 cups all-purpose flour
- 4 cups bread flour
- 3/4 cup sugar
- about 2 tablespoons yeast
- 1 tablespoon plus 1 teaspoon vital wheat gluten
- 1/2 cup pepitas

Spices & Extracts:

- sea salt
- salt
- chili powder
- ground black pepper
- dried basil
- dried oregano
- dried parsley flakes
- garlic powder
- onion flakes
- rubbed sage
- vanilla extract