

Meal Plan #12: Going Meatless

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

- **Meatless Meal:** [Easy Beans and Rice](#)
- **Pasta Meal:** [Quick Sunflower Seed Butter Noodle Stirfry](#) (add vegetable sides)
- **Soup Meal:** [Asparagus Soup](#) (add bread and salad)
- **Mexican-style Meal:** [Cheese Enchiladas](#) (add beans and rice or a salad)
- **Pasta Salad Meal:** [Pesto & Feta Pasta Salad with Cranberries](#) (add bread and a side)
- **Salad:** Tossed Salad with [Tarragon Balsamic Dressing](#)
- **Bread:** [Garlic Herb Pretzels](#)
- **Dessert:** [Coconut Banana Bread](#) (1 loaf batch, increase ingredients if you want more)

Notes:

This week's meal plan is meatless, but there are plenty of ways to "beef it up" if you prefer: add seasoned taco meat to the beans and rice; toss grilled chicken into the noodles or onto the soup; add shredded beef to the enchiladas; stir cooked chicken into the pasta salad. Do what suits your preferences.

Many of these items reheat super well so don't hesitate to serve leftovers -- if you have any -- for dinner one night. It's a great way to save money and eat well.

Shopping List

Produce:

- lettuce of your choice and toppings for tossed salad
- 2 cups shredded lettuce
- 1 cup chopped tomatoes
- 1 1/2 cup sliced leeks
- 1 cup sliced mushrooms
- 1 lb. asparagus
- 1 large Yukon Gold potato
- 1 carrot
- 1 lime
- scallions / green onions
- cilantro
- 1 clove garlic
- 2 bananas

Dairy:

- 2 cups grated cheddar cheese
- 4 cups grated jack and/or cheddar cheese
- 1/2 cup feta cheese crumbles
- 1/2 cup milk
- 2 eggs

Deli Case:

- pesto sauce

Dry / Canned Goods:

- 2 dozen corn tortillas
- 1 lb. spaghetti
- 12 oz. rainbow rotini pasta
- 2—3 cans pinto beans or [ingredients for homemade pinto beans](#)
- 2 cups white rice
- 8 oz can tomato sauce
- 28 oz can red enchilada sauce
- 4 cups chicken broth
- 1 tablespoon sunbutter

- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 1/4 cup balsamic vinegar
- 1 teaspoon Dijon mustard
- salsa
- small can sliced black olives
- tortilla chips
- 1/2 cup dried cranberries
- 1/4 cup sunflower seeds
- vegetable oil
- olive oil
- croutons or [ingredients for homemade croutons](#)
- 1 tablespoon honey
- 1 cup white whole wheat flour
- 1 cup whole wheat flour
- 4 cups unbleached all-purpose flour
- 1 tablespoon yeast
- 1/4 cup plus 1 teaspoon baking soda
- 1/3 cup coconut milk
- 1/2 cup sugar
- 1/2 cup chocolate chips

Spices & Extracts:

- salt
- coarse salt
- ground black pepper
- dried basil
- dried oregano
- dried parsley
- dried tarragon
- garlic powder
- poppy seeds
- sesame seeds
- vanilla