

Meal Plan #13: Staycation

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:** Burrito Bar (see note below)
- **Soup and Sandwich Meal:** [Grilled Cheese Sandwiches](#) and [Roasted Vegetable Soup](#)
- **Grilled Meal:** [Warm and Spicy Fish Rub](#) (add bread, salad, and side)
- **Pasta Salad Meal:** [DIY Pasta Salad](#) (add bread)
- **Fun Food:** [Mini Pizzas](#)
- **Salad:** [The Go-To Salad](#)
- **Bread:** [Cheese and Herb Biscuits](#)
- **Dessert:** [Cherries Jubilee](#) with Vanilla Ice Cream

Notes:

This week's meal plan is designed for summer or a staycation. It's easy to pull together with some relative "non-recipes", meaning you don't really need to measure, just lay things out for everyone to serve himself.

A burrito bar is pretty straightforward. I hesitate to write a recipe since it's pretty easy. Lay out a buffet of burrito-sized tortillas, heated pinto beans, shredded cheese, lettuce, tomato, salsa, and sour cream. Allow folks to assemble their own. Need help rolling? [Watch my video on how to fold a burrito.](#)

Since so many of these nights allow for folks to serve themselves or assemble their own, you can carry many ingredients over from night to night, easing on prep work and making sure you don't have leftovers languishing in the refrigerator. If your people aren't big enough to make their own or you're not inclined to let them on a given night, then roll all the burritos yourself, make a big pasta salad, and assemble all the pizzas at one time.

Shopping List

Produce:

- 2 cups shredded lettuce for burrito bar
- tomatoes for burrito bar, DIY pasta, and pizza
- 1 eggplant
- 1 large patty pan squash
- 2 ribs celery
- 2 bell peppers
- 1 cup baby carrots or 2 large carrots
- 1 cup cherry tomatoes or 2 medium tomatoes
- 4 large cloves garlic
- 1 tablespoon chopped fresh oregano, if not using dried
- 1 tablespoon chopped fresh parsley
- 1 teaspoon chopped fresh dill
- For pasta bar: chopped tomatoes, grated or chopped carrots, sugar snap peas, sweet peas, sweet corn, broccoli florets, chopped fresh herbs, fresh lettuce, spinach or other greens
- chopped vegetables for topping pizzas
- 1 to 2 heads lettuce for salad
- avocado
- scallions

Dairy:

- 2 cups grated cheddar cheese for burrito bar
- sliced cheese for grilled cheese
- sour cream
- crumbled feta cheese
- 2 to 4 cups mozzarella cheese for pizza
- 1/2 cup shredded Dubliner, swiss, or cheddar cheese
- 1/3 cup unsalted butter, cubed
- 3/4 cup buttermilk

Deli/Meat Case:

- sliced salami
- diced ham
- chopped, cooked chicken
- pepperoni
- sausage
- ground beef

Dry / Canned Goods:

- dozen burrito size tortillas
- 28-ounce can pinto beans
- favorite salsa
- loaf favorite sandwich bread
- 15-ounce can undrained pitted Bing cherries
- 1 tablespoon cornstarch
- 1/4 cup brandy
- olive oil
- 4 to 6 cups chicken broth
- 1 to 2 pounds short pasta
- garbanzo beans
- black or green olives
- flour
- yeast
- corn meal
- baking powder
- red wine vinegar

Frozen

- vanilla ice cream
- fish fillets for the family

Spices & Extracts:

- salt
- ground black pepper
- garlic powder
- paprika
- dried dill

- dried thyme
- ground ginger
- cayenne pepper
- dried oregano, if not using fresh
- 1 bay leaf