

Meal Plan #14:

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

- **Salad Meal:** [Asian Chicken and Noodle Salad](#)* (add bread)
- **Soup Meal:** [Taco Soup](#)* (add bread and veggie dippers)
- **Grilled Meal:** [Tarragon Turkey Burgers with Bleu Cheese and Chipotle Mayo](#)* (add sides)
- **Beans Meal:** [Black Bean & Cheese Pie](#)* (add a salad)
- **Pasta Meal:** [Creamy Chicken Pasta with Spinach and Tomatoes](#) (add bread or a salad)
- **Salad:** [Caesar Salad](#)
- **Bread:** [Easy Garlic Breadsticks](#)
- **Dessert:** [Chocolate Banana Marble Cake](#)*

Notes:

Many of the meals on this plan are make-ahead. In fact, those with an asterisk can be made ahead and frozen. So if you have lots of time one day to prep for several meals, dinnertimes will be that much easier. For the Asian Chicken Salad, just the chicken should be frozen; make the other items the day or two before serving.

Shopping List

Produce:

- 1/2 head green cabbage, shredded
- 2 heads romaine lettuce
- 3 bell peppers (at least 1 red)
- 2 carrots
- 1 bunch green onions
- 1 bunch cilantro
- 5 cloves garlic
- 1 large onion
- 1 lime
- 1 lemon
- 2 jalapeno peppers
- 2 cups chopped fresh spinach
- 3 ripe bananas
- avocado slices for topping
- tomatoes, lettuce leaves, and sliced onion for turkey burgers

Dairy:

- Bleu cheese crumbles
- 1/2 pound grated sharp cheddar
- 1 Tablespoon milk
- 2 Tablespoons butter plus extra for melted butter for breadsticks
- 1 cup heavy cream
- 4 eggs
- 1 cup grated Parmesan cheese
- 6 Tablespoons plain nonfat yogurt
- grated cheese for topping
- sour cream for topping

Deli/Meat Case:

- 4 grilled chicken breast halves
- 2 pounds boneless, skinless chicken breast
- 20 ounces ground turkey
- 1 lb. ground beef or turkey

Dry / Canned Goods:

- 1 lb. linguini noodles
- 1 lb. pasta of your choice
- hamburger buns
- 1 can sliced water chestnuts
- 1 chipotle chili canned in adobo sauce
- 1 (28 oz) can crushed tomatoes
- 1 can hominy
- 1 can kidney beans
- 1 can pinto beans
- 2 cans black beans, 2 cans
- 1 cup red enchilada sauce
- salsa of your choice
- 1/4 cup julienned, sundried tomatoes
- 1/2 cup mayonnaise
- 6 Tablespoons soy sauce
- 2 1/2 Tablespoons rice wine vinegar
- 1 1/2 cups vegetable or canola oil
- 3/4 cup olive oil
- 1/4 cup sesame oil
- 1/3 cup sherry
- 1 cup croutons
- 2 1/4 cups bread flour
- 1 cup whole wheat pastry flour
- 1 cup unbleached flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1 1/4 cup dark brown sugar
- 1 Tablespoon powdered sugar
- 1/2 cup unsweetened coca powder
- 1 1/2 teaspoons yeast
- 1/2 cup toasted slivered almonds

Frozen

- double pie crust or ingredients to make your own

Spices & Extracts:

- cayenne pepper
- crushed red pepper flakes
- cumin
- dried basil
- dried oregano
- dried parsley
- dried tarragon
- garlic powder
- onion powder
- rubbed sage
- wasabi powder
- salt
- kosher salt
- ground black pepper
- vanilla extract