

Meal Plan #15

This weekly meal plan includes 5 main dishes, 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



Recipes

- **For A Crowd / Freezer Meal:** [Chicken and Chile Enchiladas](#)
- **Slow Cooker Meal:** [Carnitas Soft Tacos](#) with [Fresh Guacamole](#)
- **Quick Meal:** [Brie and Bacon Panini with Mushrooms and Onions](#)
- **Meatless Meal:** [Vegetable Pasta with Pistou](#)
- **Soup Meal:** [Chicken Noodle Soup](#)
- **Side Dish:** [Mexican Rice](#)
- **Salad:** [Caesar Salad](#)
- **Dessert:** [Thick & Chewy Chocolate Chip Cookies](#)

Notes:

- If you want to double the Mexican rice to use as a side dish for the enchiladas and the carnitas tacos, add an additional 1/4 cup oil, 2 cups uncooked rice, 8 ounces tomato sauce, and 4 cups chicken broth to your shopping list.
- Two of the meals include cooked chicken. Save time by cooking all of the chicken at the same time and portioning it out between the two meals.
- Many of these meals can be prepped in the morning and reheated at serving time. Consider putting these recipes on your morning to do list: enchiladas, chicken noodle soup, and chocolate chip cookies. In this way, you won't heat up your kitchen if the weather's hot.

Shopping List

Produce:

- 4 to 6 poblano chiles depending on size to make 2 cups [roasted chiles](#)
- 2 onions
- 1 head romaine lettuce
- 2 cups green beans
- 2 large tomatoes
- 2 carrots
- 1 small zucchini
- 1 cup sliced mushrooms
- 1/4 cup sliced scallions
- 1 tablespoon fresh herbs of your choice (dill, tarragon, rosemary, thyme, and/or oregano)
- avocados for guacamole (# depends on how much you want to make)
- 2 lemons
- 1 garlic clove

Dairy:

- 2 sticks butter
- 3 eggs
- 3 cups shredded Jack cheese
- at least 1 cup freshly grated Parmesan cheese
- 1/4 pound Brie cheese

Deli/Meat Case:

- 4 to 5 boneless, skinless chicken breasts
- 3-4 lb pork shoulder roast
- 1/2 pound bacon
- prepared pesto sauce or [ingredients for homemade pistou](#)

Dry / Canned Goods:

- 3/4 cup oil
- 1/2 cup plus 2 tablespoons olive oil
- 8 slices sourdough bread

- croutons
- 36 corn tortillas
- 28-ounce can enchilada sauce
- 1/2 cup sliced black olives
- 1 jar of salsa
- 8 cups chicken broth
- 8 - 16 ounces egg noodles
- 12 ounces Ziti pasta
- 2 cups plus 2 tablespoons flour
- baking soda
- 1 cup brown sugar
- 1/2 cup sugar
- 1 1/2 - 2 cups chocolate chips

Spices & Extracts:

- dried oregano
- dried parsley
- salt
- pepper
- marjoram
- vanilla extract