

# Meal Plan #17

This weekly meal plan includes 5 main dishes, 1 side dish, 1 salad, and 1 dessert. All recipes can be found at [GoodCheapEats.com](http://GoodCheapEats.com) and [LifeasMOM.com](http://LifeasMOM.com). Click on the link in this PDF to go directly to the online



## Recipes

- **Grilling Meal:** Grilled Meat of Choice with [Soy-Ginger Marinade](#)
- **Slow Cooker Meal:** [Chicken in the Slow Cooker](#)
- **Meatless Meal:** [Beans & Rice Taco Salad](#)
- **Sandwich Meal:** [Chicken Salad Sandwiches](#)
- **Quick Meal:** [Quesadillas](#) (use any leftover chicken) with [Fresh Guacamole](#)
- **Side:** [Cilantro Couscous Salad](#)
- **Salad:** Tossed Salad with [Creamy Garlic Dressing with Cilantro](#)
- **Bread:** [Cheese & Herb Biscuits](#)
- **Dessert:** Ice Cream Sundaes with [Homemade Magic Shell](#)

### Notes:

Plan to make the slow cooker chicken early in the week so that you can use leftover chicken in the quesadillas. Likewise, you can toss leftover chicken into the bean and rice salad as well.

If you've got extra vegetables on hand, roast or grill those this week to add to the quesadillas well.

You can buy pre-grated cheeses to make the prep easier for the biscuits, taco salad, and quesadillas. If it's cheaper to buy the block cheese, do all your shredding at once to save time and dishwashing. It will make dinner prep easier on subsequent nights as well.

There are four salads included in this week's plan: taco salad, chicken salad, couscous salad, and a tossed salad. If you've got enough leftovers, serve them as a salad bar with the biscuits on the side for an easy -- and tasty -- leftover night.

# Shopping List

## Produce:

- 3 cloves garlic
- fresh ginger (if not using dried)
- salad mix (spinach & romaine) for Taco Salad
- lettuce leaves for sandwiches
- ingredients for tossed salad (lettuce & toppings)
- 1 red onion
- 2 ribs celery
- 2 - 3 lemons for juice
- 1 lime for juice
- 2-4 avocados depending on how much guacamole you like
- 1 or 2 green onions
- 1 bunch of cilantro
- 1 red bell pepper
- bell peppers for roasting (unless you buy jarred roasted bell peppers)
- poblano chiles for roasting (optional)
- jalapenos (optional)
- veggies for roasting (optional)
- fresh parsley (if not using dried)
- fresh dill (if not using dried)

## Dairy:

- 1 stick unsalted butter
- 2 bags of grated cheese (at least 1 cheddar other can be Monterey Jack)
- 1/2 cup cheddar cheese cubes
- 1 to 1 1/2 cup buttermilk
- sour cream

## Deli/Meat Case:

- meat of choice (beef, pork, or chicken) for grilling
- 3 boneless, skinless chicken breasts
- whole chicken

## Frozen:

- ice cream

## Dry / Canned Goods:

- flour or corn tortillas
- 6 onion rolls
- brown rice
- 1 cup couscous
- 2 cans black beans
- 1 can garbanzo beans
- 1 jar roasted bell peppers (or fresh peppers that you roast on your own)
- salsa
- tortilla chips
- olive oil
- 1 tablespoon coconut oil
- sprinkles or toppings for ice cream
- 4 ounces semi-sweet chocolate
- 1/4 cup rice vinegar
- 1/4 cup soy sauce
- 1/4 cup vegetable oil
- mayonnaise
- 1 1/4 cup chicken broth (or just use water)
- 2 cups flour
- baking powder

## Spices & Extracts:

- crushed red pepper
- dill weed (if not using fresh)
- ground ginger (if not using fresh)
- parsley (if not using fresh)
- seasoning mix or spices of your choice for chicken in the slow cooker
- salt
- pepper