

# Meal Plan #18

This weekly meal plan includes 5 main dishes, 1 side dish, 1 bread, 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 recipe.



## Recipes

- **Slow Cooker Meal:** Tacos with [Salsa Verde Beef](#)
- **Grilled Meal:** [Spice-Rubbed Grilled Pork Tenderloin](#) with [Peach Salsa](#)
- **Salad Meal:** [Bacon and Pepper Jack Salad](#)
- **Sandwich Meal:** [Turkey Avocado Baguette Sandwich with Chipotle Mayonnaise](#)
- **Convenience Meal:** [Potstickers with Dipping Sauce](#)
- **Side Dish:** [Grilled Mixed Vegetables](#)
- **Bread:** [Garlic Focaccia](#)
- **Dessert:** [Salted Caramel Affogatos](#) (for kids, omit the coffee)

### Notes:

This is an easy week! So many of these meals involve prep ahead or someone else (like the Grillmaster or the slow cooker) doing the work for you. Yay!

You will need to buy a small can of chipotle peppers in adobo sauce. Rarely does one recipe of anything use one whole can. When I open a can, I wrap each pepper and a little sauce in plastic wrap and stash them all in a ziptop freezer bag in the freezer. Whenever I need one or two peppers, I pull what I need from the freezer. Voila! Use the entire can and waste not!

Here are some make-ahead tips:

- Start the slowcooker meal in the morning and you are good to go. Nuf said.
- Mix up the tenderloin spice in the morning and set aside. Chop all the salsa ingredients, except for the peach. Leave that for right before serving so the peaches don't turn brown.
- Cook your bacon and prep your salad ingredients in the morning so you have no prep at dinner time.
- Mix up the chipotle mayonnaise and slice your sandwich ingredients in advance so that supper comes together in a snap.
- Make the potsticker sauce hours or even a day in advance and store it in the fridge.

# Shopping List

## Produce:

- 1/2 cup chopped onion
- 1 sweet onion
- 2 peaches
- 1/4 chopped cilantro
- 1/4 cup chopped red onion
- 1 lemon (or 1 tablespoon juice)
- salad greens (enough for your family)
- lettuce leaves for sandwiches
- 4 carrots
- 2 cucumbers
- 2 cups cherry tomatoes
- 4 scallions
- fresh basil
- 1 or 2 avocados
- 2 tomatoes
- 3 cloves garlic
- fresh ginger (can be purchased in a tube)
- vegetables for grilling—choose your favorites from bell peppers, hot peppers, zucchini and summer squash, mushrooms, onions, tomatoes, and corn

## Dairy:

- 4 ounces Pepper Jack cheese

## Deli/Meat Case:

- 2 - 3 pounds stewing beef
- 1 pork tenderloin (about 1 pound)
- 8 slices cooked bacon
- 8 ounces sliced deli turkey

## Frozen:

- frozen potstickers
- vanilla bean ice cream

## Bakery:

- 1 or 2 fresh baguettes (depending on size of sandwiches)

## Dry / Canned Goods:

- corn tortillas
- olive oil
- sesame oil
- soy sauce
- rice vinegar
- salsa verde (Herdez preferred)
- favorite salad dressing or ingredients for homemade
- mayonnaise
- 1 can chipotle pepper with adobo sauce
- 2 tablespoons sugar
- 2 1/4 cup unbleached flour
- 1 cup whole wheat flour
- 2 1/2 tablespoons yeast
- caramel sauce

## Beverages:

- 4 cups hot espresso or strongly brewed coffee

## Spices & Extracts:

- chili powder
- onion powder
- kosher salt
- coarse salt
- black pepper
- dried oregano
- dried thyme
- paprika
- cayenne pepper
- crushed red pepper
- taco seasoning
- garlic powder