

Meal Plan #19

This weekly meal plan includes 5 main dishes, 1 salad, 1 bulk batch of bread, 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

- **Slow Cooker Meal:** [BBQ Pork Sandwiches](#)
- **Grilled Meal:** [Grilled Chicken in Buttermilk-Yogurt Marinade](#)
- **Salad Meal:** [Chopped Salad with Avocado and Radish](#) (add leftover grilled chicken or hardcooked eggs)
- **Stovetop Meal:** [Seasoned Beef and Vegetables](#) (serve over rice or pasta)
- **Sandwich Meal:** [Turkey Cheddar Melt with Grilled Onions and Spicy Mayo](#)
- **Salad:** [Spinach Salad with Oranges, Cranberries, and Sunflower Seeds](#)
- **Bread:** [Bulk Batch Zucchini Bread](#)
- **Dessert:** [Raspberry Cream Cups with Pretzels](#)

Notes:

- If you've got a bunch of homegrown zucchini, this is a great meal plan to use some of it up. Use some to make bulk batches of zucchini bread and some for the seasoned beef with vegetables. Any leftover shredded zucchini can be frozen in zip-top freezer bags and stored in the freezer to use for baking later on. Be sure to thaw and drain well before using.
- All of these meals can be prepared a few hours or even a few days in advance. The BBQ Pork, the grilled chicken, and the seasoned beef can all be made and then frozen to use later. Same goes for the zucchini bread. Cool, wrap, label, and freeze.

Shopping List

Produce:

- 2 lemons
- 1 head romaine lettuce
- 1 cucumber
- 2 radishes
- 2 green onions
- 1/4 cup cilantro leaves
- 1 avocado
- 3 – 4 Roma tomatoes
- 1 tomato
- 4 cups chopped onion
- 1 cup chopped celery
- 3 cloves garlic
- 1 or 2 large bell peppers
- 5 ounces sliced mushrooms
- bag of spinach leaves
- 4 oranges
- zucchini—number depends on size but you'll need enough for 2 cups chopped and 6 cups grated

Dairy:

- 1/2 cup plain yogurt
- 1/4 cup buttermilk
- 4 ounces sliced cheddar cheese
- 8 ounces cream cheese
- 1 cup heavy whipping cream
- 9 eggs

Deli/Meat Case:

- 2 pounds boneless, pork shoulder roast
- 6 boneless, skinless chicken breasts
- 1 1/3 pounds ground beef
- 8 ounces sliced turkey breast

Frozen:

- 3 cups frozen raspberries

Dry / Canned Goods:

- hamburger buns
- dill pickle slices
- BBQ sauce of choice
- 6 tablespoons sunflower seeds
- rice or pasta of your choice
- olive oil
- 3 cups vegetable oil
- mayonnaise
- spicy brown mustard
- balsamic vinegar
- 8 slices rye bread
- 1/4 cup dried cranberries
- 6 cups sugar
- regular or chocolate covered pretzels
- 9 cups unbleached flour
- baking soda
- baking powder
- 1 1/2 cups chopped nuts or chocolate chips (or combination of both)

Spices & Extracts:

- salt
- kosher salt
- pepper
- crushed red pepper flakes
- garlic powder
- chicken rub or favorite seasoning for chicken
- cinnamon
- vanilla extract