

Meal Plan #20

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:** [Carnitas Tostadas](#) (You'll also need to print the recipes for [Carnitas](#), [Guacamole](#), and [Salsa](#))
- **Grilled Meal:** [Grilled Balsamic Pork Chops](#) (add sides)
- **Salad Meal:** [Poorman's Chicken Caesar Salad](#) (add bread)
- **Meatless Meal:** [Greek Egg Casserole](#) (make four single-serve casseroles, add a side or salad)
- **Pasta Meal:** [Jambalaya Pasta](#) (add sides)
- **Salad:** [Corn Salad](#)
- **Bread:** [Garlic Brie Toasts](#)
- **Dessert:** [Nectarine-Peach Shortcakes with Butter Pecan Ice Cream](#)

Notes:

You can do a lot of the meal prep in advance, maybe on one night this week and then do quick assemble throughout the week. Some things you can do ahead of time include: slow cooking the carnitas, making the salsa, chopping the salad ingredients, cooking the sausage, assembling the egg casserole (then freeze it), making the croutons, and baking the shortcakes. You can shred or slice any cheese and do all the vegetable chopping.

Bread cubes or bread slices are needed for the Caesar Salad croutons, the egg bake, and the Garlic Brie Toasts. Scan the day-old bread section for markdowns to save money on those items.

Shopping List

Produce:

1 sweet onion
shredded lettuce for topping
tostadas
1 to 2 avocados for guacamole
1 bunch fresh cilantro
1 serrano or jalapeno chili
2 to 3 ears corn on the cob
1 small red onion
3 green onions
6 peaches or nectarines
3 limes
1 lemon
1 large head romaine lettuce
1 tablespoon finely chopped fresh basil
4 cloves garlic

Dairy:

2 cups milk
1 3/4 cup half and half or cream
1 1/3 cups crumbled feta
3/4 cup shredded Romano cheese
6 Tablespoons butter
8 eggs, beaten
4 ounces Brie cheese
grated Parmesan cheese for
topping pasta or additional
Romano cheese

Deli/Meat Case:

2 pounds country-style pork strips
2 cups chopped, cooked chicken
6 boneless pork loin chops (about
3/4 to 1-inch thick) -- can use fewer
if you like
2 chicken Italian sausages
1 pound shrimp, peeled and
deveined

Frozen:

1 cup frozen, chopped spinach (can
also use fresh if you prefer)
Butter Pecan Ice Cream

Dry / Canned Goods:

12 corn tortillas
4 cups refried beans (homemade or
canned)
28 ounce can diced tomatoes
1 pound penne
1 cup croutons or the ingredients to
make Homemade Croutons
4 cup bread cubes
1/2 French baguette, about 9 inches in
length
1 1/2 cups unbleached flour
1/2 cup whole wheat flour
1 Tablespoon baking powder
1 Tablespoon sugar plus extra for
sprinkling on shortcakes
1 1/2 cups olive oil
1/3 cup balsamic vinegar
1 tablespoon Dijon mustard
1 tablespoon mayonnaise

Spices & Extracts:

oregano
salt and pepper
1-2 Tablespoons Cajun seasoning