

Meal Plan #21

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 recipe.



Recipes

- **Slow Cooker Meal:** [Cumin Lime Pork Loin](#) Tacos (add rice and beans)
- **Grilled Meal:** [Cilantro-Chipotle Cheeseburgers](#)
- **Salad Meal:** [Buffalo Chicken Salad](#) with [Blue Cheese Dressing](#)
- **Sandwich Meal:** [Turkey Avocado Salsa Panini](#)
- **Breakfast for Dinner Meal:** [Omelets](#)
- **Salad:** [Pear and Blue Cheese Salad with Maple Spiced Toppings](#)
- **Bread:** [Classic Baguette](#)
- **Dessert:** [Homemade Plum Ice Pops](#)

Notes:

- Chipotle chiles are smoked jalapenos that are canned in adobo sauce. Their smoky kick gives great flavor to any number of dishes. Rarely will you need the entire can. I buy one can, divide the contents into small portions and freeze each portion, individually wrapped in plastic wrap and place in a zip-top freezer bag.
- Omelets can be filled with whatever you like. They are a great vehicle to use up little bits of leftovers meats and vegetables. If you're stumped for ideas, try one of these: sauteed onions, grilled peppers, roasted broccoli, chopped tomato, creamed greens, shredded cheese, crumbled feta or goat cheese, chopped ham, crumbled bacon, cooked and crumbled sausage, chopped fresh herbs

Shopping List

Produce:

- 1 onion
- 1 clove garlic
- 2 limes
- 2 or 3 tomatoes
- 1 jalapeno pepper
- 2 avocados
- 4 lettuce leaves
- mixed greens, spinach, or romaine
- lettuce for meal salad
- 6 cups mixed greens
- 2 ribs celery
- grape tomatoes
- green onions
- cilantro
- preferred vegetables for omelets
- 6 plums
- 2 ripe pears

Dairy:

- 8 slices pepper jack cheese
- 1/4—1/2 cup butter
- 1/2 cup buttermilk
- blue cheese crumbles
- preferred cheese for omelets
- 8 eggs

Deli/Meat Case:

- 2 1/2 pound pork loin roast
- 1 pound ground beef
- 1 pound boneless, skinless chicken breast tenders
- 8 slices oven roasted turkey breast
- preferred meat for omelets

Dry / Canned Goods:

- 1 cup mayonnaise
- olive oil

- balsamic vinegar
- Dijon mustard
- Tabasco sauce
- corn tortillas
- salsa of your choice
- chipotle pepper in adobo sauce
- hamburger buns
- 8 slices of preferred bread
- 1/3 cup honey
- 1/4 cup maple syrup
- 1 1/2 cup pepitas or whole almonds

Spices & Extracts:

- salt
- kosher salt
- sea salt
- pepper
- cayenne pepper
- allspice
- cinnamon
- cumin
- chipotle chili powder
- garlic powder
- smoked paprika
- dried oregano
- dried tarragon
- vanilla extract