

Meal Plan #23

This weekly meal plan includes 5 main dishes, 2 side dishes, 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

- **Oven Meal:** [Easy Baked Chicken](#) (make two batches of chicken)
- **Slow Cooker Meal:** [Crockpot Enchiladas](#) (use leftover Easy Baked Chicken)
- **Pasta Meal:** [Tomato and Brie Pasta](#)
- **Meatless Meal:** [Simple Bean Tostadas](#)
- **Soup Meal:** [Minestrone Soup with Italian Sausage](#) (add side salad and bread)
- **Side Dish:** [Cheesy Potatoes](#)
- **Side Dish:** [Mexican Rice](#)
- **Dessert:** [Homemade Chocolate Cream Pie](#)

Notes:

- Make two batches of the Baked Chicken at the beginning of the week. By doubling the batch of chicken, you can use leftovers in your Crockpot Enchiladas and then freeze the rest to use for another meal. Shredded chicken is versatile — use it on pasta or salads, or in soups, burritos, or quesadillas. It makes for a quick protein.
- One batch of Mexican rice is probably enough for two meals — save half for later in the week. Spread out the Mexican-type meals (crockpot enchiladas & tostadas) during the week so it doesn't feel too repetitive.

Shopping List

Produce:

- 2 tomatoes
- 2 onions
- 2 carrots
- 2 - 3 potatoes
- 1 zucchini
- 1 bell pepper
- shredded lettuce
- fresh basil (if not using dried)

Dairy:

- 5 cups grated cheddar cheese
- 8 ounces Brie cheese
- Parmesan cheese
- 16 oz. sour cream
- 3 tablespoons butter
- 2 1/2 cups milk
- 1 cup whipping cream

Butcher / Deli Case:

- 8 large bone-in, skin-on, chicken breasts
- 1 1/2 pounds Italian sausage

Frozen Foods:

- 1 1/2 cup frozen cut green beans
- 32 ounces frozen hashbrown shredded potatoes
- frozen pie shell or [ingredients for homemade pie crust](#)

Dry / Canned Goods:

- nonstick cooking spray
- 3 cups enchilada sauce
- 24 corn tortillas
- sundried tomatoes
- olive oil
- vegetable oil

- 1 lb. pasta (spiral pasta works well)
- 1 cup small pasta (like shells) OR 1 lb. tortellini
- 2 cans pinto bean or [homemade pinto beans if you prefer](#)
- 2 cans cream of chicken soup OR [ingredients for Homemade Cream of Celery Soup](#)
- 8 cups broth (beef, chicken, or vegetable)
- 4 cups chicken broth
- two 8-oz cans tomato sauce
- one 28-oz can petite diced tomatoes
- 1 can garbanzo beans OR cannellini beans
- 1 cup cornflakes
- 2 cups uncooked white rice
- 2/3 cup plus 1 Tablespoon sugar
- 1/4 cup cornstarch
- 1/4 cup cocoa powder
- 1/2 cup chocolate chips

Spices & Extracts:

- kosher salt
- ground black pepper
- garlic powder
- dried basil (if not using fresh)
- dried oregano
- vanilla extract