

# Meal Plan #24

This weekly meal plan includes 5 main dishes, 1 salad, 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:** [Slow Cooked Sweet and Sour Meatballs](#) (add rice and veggies)
- **Casserole Meal:** [Chicken Enchilada Casserole](#)
- **Pasta Meal:** [Chicken Parmesan](#)
- **Meatless Meal:** [Fajita Omelet](#)
- **Soup Meal:** [Irish Stew](#)
- **Salad/Side:** Tossed Salad with [Ranch Dressing](#)
- **Bread:** [Irish Soda Bread](#)
- **Dessert:** [Pumpkin Cupcakes with Cream Cheese](#)

### Notes:

- Got extra pumpkin puree? Put the extra in remainder in a Ziploc bag and freeze for later use, or try mixing it into another recipe. I mixed some into beef stew and it was great.
- Chop all your veggies at the beginning of the week: onions for the meatballs, casserole, omelet, and stew; peppers for the meatballs and omelet.
- Shred enough cheese for the casserole and the omelet at the same time.
- You can do a lot of the prep work for this menu on one day: trim the meats, do the baking, mix the dressing. Wrap and label well and store these items in the fridge to save you time throughout the week.

# Shopping List

## Produce:

- 4 onions
- 4—5 bell peppers
- package of mushrooms
- 2 cloves garlic
- 2 cups baby carrots
- 4 medium potatoes
- 1—2 fresh jalapenos, optional (or use small can if preferred)
- broccoli (or a bag of frozen)
- 1 or 2 avocados (optional)
- preferred lettuce & toppings for salad

## Dairy:

- 1/2 cup butter
- 8 ounces cream cheese
- 1 cup milk
- 2 1/2 cups buttermilk
- 13 eggs
- 8 ounces sour cream plus extra for topping fajitas
- 1 cup shredded Monterey Jack or cheddar cheese plus extra for topping fajitas
- Parmesan cheese

## Butcher / Deli Case:

- 2 lbs chuck roast
- 8 chicken breasts

## Frozen Foods:

- 24 frozen meatballs

## Dry / Canned Goods:

- 12 corn tortillas
- 2 cans cream of chicken soup or ingredients to make [homemade cream of celery](#)

- 1 small can chopped green chilies
- 1 can pineapple with juice reserved
- 3/4 cup pumpkin puree
- 1/3 cup chicken broth
- 1/2 cup beef broth
- 1/4 cup soy sauce
- 2 tablespoons rice vinegar
- 1/2 cup mayonnaise
- 1 tablespoon brown sugar
- 1/2 cup sugar
- 1 cup powdered sugar
- 2 tablespoons cornstarch
- 2 3/4 cups unbleached all-purpose flour
- 1 cup whole wheat flour
- 1 1/2 whole wheat bread crumbs
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon sesame oil
- 2 cups spaghetti sauce
- 1 pound pasta
- favorite salsa (optional)
- vegetable oil

## Spices:

- basil
- bay leaf
- cayenne pepper
- cinnamon
- cloves
- crushed red pepper
- garlic powder
- ginger
- nutmeg
- onion powder
- oregano
- parsley
- salt
- pepper
- vanilla extract