

Meal Plan #25

This weekly meal plan includes 5 main dishes, 1 side dish, 1 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

- **Sandwich Meal:** [Spring Street Club Sandwich](#)
- **Soup Meal:** [Lynn's version of Panera Broccoli and Cheddar Soup](#)
- **Pizza Meal:** [Pan Pizza with Pepperoni](#)
- **Freezer Meal:** [Meatballs](#) (shopping list has ingredients for a half batch)
- **Meatless Meal:** [Cheddar and Leek Potato Bake](#) (add salad and bread)
- **Side Dish:** [Mashed Potatoes and Gravy](#) (make a double batch of potatoes)
- **Bread:** [Garlic Brie Bread](#)
- **Dessert:** [Apple Crowns](#)

Notes:

- Make meals easier by using the same component in two recipes. When you serve Meatballs with Mashed Potatoes and Gravy, reserve 4 cups of the mashed potatoes to use in the Cheese and Leek Potato Bake later in the week. If you have extra, freeze for a later meal.
- A half batch of meatballs (2 pounds beef) will make enough meatballs for at least two meals. Freeze what you don't use and pull them when you need them. They can be used with pasta and red sauce, with mashed potatoes again, or turn them into slow cooked [sweet & sour meatballs](#). If you want to make a full batch and have lots to freeze, increase the ingredients on the shopping list.

Shopping List

Produce:

- lettuce & tomato for sandwiches
- 1 leek
- 16 russet potatoes
- 5 cups broccoli florets
- 2 onions
- 4 cloves garlic
- 4 apples
- other toppings for pizza (optional)

Dairy:

- 4 ounces sliced sharp cheddar cheese
- 5 cups grated cheddar cheese
- 2 cups mozzarella cheese
- 1 small wheel Brie cheese
- 12 ounces cream cheese
- 3/4 cup butter
- 1 1/2 cups milk or half-and-half
- 1/4 cup to 1/2 cup milk
- 3 eggs
- whipped cream (or make [maple whipped cream](#))

Butcher / Deli Case:

- 8 slices bacon plus extra for optional soup topping
- 8 ounces sliced turkey breast
- 8 ounces sliced ham
- 2 pounds ground beef
- package of pepperoni or Hormel Confetti Pepperoni

Dry / Canned Goods:

- 8 slices sourdough sandwich bread
- 1 large sourdough bread round (or two small rounds)
- 2 cups beef or chicken broth
- 6 cups chicken broth

- 1 cup of your favorite pizza sauce or ingredients to make your own
- about 5 1/2 cups flour
- 1 tablespoon yeast
- 1 1/2 cups bread crumbs
- mayonnaise
- olive oil
- 2 tablespoons honey
- your favorite caramel sauce (the Fleur de Sel Caramel from Trader Joes's is amazing)
- maraschino cherries

Spices:

- salt
- pepper
- dried thyme or dill weed
- dried parsley