

Meal Plan #26

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

- **Freezer Meal:** [Easy Chicken and Cheese Flautas](#) (make a double batch; add sides)
- **Oven Meal:** [Chicken and Wild Rice Bake](#) (add salad or vegetable)
- **Soup Meal:** [Tortellini Soup with Sausage and Vegetables](#)
- **Sandwich Meal:** [Fried Chicken Sandwiches](#) (add fruit or vegetable side)
- **Slow Cooker Meal:** [Beef Stew with Eggplant and Carrots](#) (serve with Potatoes Alfredo)
- **Side Dish:** [Potatoes Alfredo](#)
- **Salad:** [Easy Fruit Salad](#)
- **Bread:** [Garlic-Parmesan Swirl Biscuits](#)
- **Dessert:** [Mini Apple Pies with Almond Crumb Topping in Jelly Jars](#) (nut-free variation available)

Notes:

- The shopping list includes enough ingredients to make a double-batch of Chicken & Cheese Flautas. Follow the instructions in the recipe, and freeze the second batch for a quick meal at a later date.
- If you don't have small jelly jars for the apple pies, no worries! Just make it as a regular pie—instructions are in the recipe. If someone in your family is allergic to almonds, just substitute the almond meal with flour. It will still be a delicious crumb top.

Shopping List

Produce:

- 6 Granny Smith apples
- 1 lemon (or 1 tablespoon juice)
- 3 onions
- 11 - 12 cloves garlic
- 1 large turnip
- 1 cup green beans
- 1 rib celery
- 1/2 cup chopped mushrooms (optional)
- 2 pints cherry tomatoes or 4 large tomatoes
- 5 pounds Yukon Gold potatoes
- 1 eggplant
- 2 cups sliced carrots
- 1 pineapple
- 2 large red mangoes
- 1/2 to 1 pound strawberries

Dairy:

- 1 1/2 cup butter
- 3/4 cup milk
- 1 cup buttermilk
- 1 cup half and half
- 1 cup plus 2 tablespoons grated Parmesan cheese

Butcher / Deli Case:

- 4.5 pounds boneless, skinless chicken breasts
- 3 bone-in chicken breasts OR 1 cut-up chicken
- 3 pounds boneless, chuck roast
- 1/2 pound mild bulk Italian sausage

Frozen Foods:

- vanilla ice cream (optional)

Dry / Canned Goods:

- 12 ounces cheese tortellini
- 36 corn tortillas
- 8 hamburger buns
- 2 cups brown rice
- 2 tablespoons wild rice
- 1/2 cup sugar
- 1/3 cup brown sugar
- 1/3 cup almond meal (or ground almonds) - if allergies, sub with all-purpose flour
- 5 1/3 plus 3 tablespoons cup all-purpose flour
- 1/2 cup panko bread crumbs
- 1 tablespoon baking powder
- sunflower oil
- olive oil
- your favorite oil & vinegar dressing
- sliced pickles (optional)
- mayonnaise (optional)
- BBQ sauce (optional)
- 4 cups chicken broth
- 8 - 10 cups beef broth

Spices:

- bay leaves
- chile powder
- cinnamon
- garlic powder
- oregano
- paprika
- dried parsley
- pepper
- salt
- sea salt
- dried thyme