

Meal Plan #28

This weekly meal plan includes 5 main dishes, 1 bread, 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:** [Chicken in the Slow Cooker](#)
- **Sandwich Meal:** [Hot Italian Beef Sandwich Meal](#)
- **Soup Meal:** [Stone Soup](#)
- **Meatless Meal:** [Easiest Macaroni and Cheese](#) (add vegetable side)
- **Mexican Meal:** [Queso Fundido](#) (add beans and rice for sides)
- **Salad:** [Spinach Salad with Oranges, Cranberries, and Sunflower Seeds](#)
- **Side:** [Simple Dill Potatoes](#)
- **Bread:** [Homemade White Whole Wheat Sub Rolls](#)
- **Dessert:** [Spiced Pear Cake](#)

Notes:

- Although you can use whatever spices you like for Stone Soup, try [Jamie's Spice Mix](#). It's also used in the recipe for Hot Italian Beef Sandwiches. Make a batch early in the week. You'll find all kinds of great uses for it.
- If your family can't eat a whole chicken in one sitting, plan ahead so that you prepare the whole chicken BEFORE the Stone Soup. That way you can use the leftover chicken in your soup. Better yet, make [homemade chicken stock](#) so that you've got that ingredient for free. It will taste much better than the canned or boxed varieties.
- You'll need some orange zest for the Spiced Pear Cake. Be sure to save some from the oranges you buy for the salad. You can [zest the orange and store in a bag in the freezer](#) until you need it.

Shopping List

Produce:

- 3 onions
- 2 large carrots
- 1/2 cup chopped bell pepper, peas, or beans
- 1 bell pepper
- 4 mushrooms
- 1 bag spinach
- 2—3 oranges (save some zest for cake)
- 4 pounds small russet or small red potatoes plus additional 2 potatoes for soup
- 2—3 large pears

Dairy:

- 1 1/4 cup milk
- 3 eggs
- 2 sticks butter
- 8 ounces sour cream plus extra for Mexican meal topping
- 8 ounces cheddar cheese
- 2 cups grated pepper jack cheese

Butcher / Deli Case:

- 1 to 2 cups cooked meat (can use leftover chicken)
- 2 pounds boneless chuck roast
- one whole chicken
- 1 pound hot Italian sausage

Dry / Canned Goods:

- olive oil
- 4 cups broth or stock
- 1 cup [vegetable puree](#), pumpkin puree, or butternut squash puree
- 1 can (15.5 oz) corn or hominy
- 1 can (14.5 oz) petite diced tomatoes
- 1 can (6 oz) tomato paste

- 1 cup cooked beans
- 1 cup sugar
- 2 cups white whole wheat flour
- 3 1/4 cups unbleached, all-purpose flour
- 1 tablespoon vital wheat gluten
- 1 tablespoon yeast
- 1 teaspoon baking powder
- 1/2 cup balsamic vinegar
- 1/4 cup dried cranberries
- 1/4 cup sunflower seeds
- 3/4 pound elbow macaroni or penne pasta
- 1 dozen corn tortillas
- salsa of your choice or ingredients for homemade

Spices & Extracts:

- salt
- pepper
- spices of your choice for chicken (garlic powder, dried onion, rosemary, thyme, herbes de provence, oregano, basil or sage)
- cinnamon
- ground nutmeg
- ground ginger
- dill weed
- [Jamie's Spice Mix](#)
- Italian seasoning mix, [taco seasoning mix](#) (if not using Jamie's Spice Mix for soup)
- vanilla