

Meal Plan #30

This weekly meal plan includes 5 main dishes, 1 bread, 2 salads, 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

- **Poultry Meal:** [Turkey Pot Pie with Easy Biscuit Topping](#) — great for Thanksgiving leftovers!
- **Meatless Soup Meal:** [Cheddar Cheese Soup with Zucchini, Broccoli and Carrots](#) (serve with biscuits and tossed salad)
- **Hearty Soup Meal:** [Tortellini Soup with Sausage and Vegetables](#)
- **“Breakfast for Dinner” Meal:** [Bacon and Broccoli Egg Bake](#) (add fresh fruit of your choice)
- **Pizza Meal:** [Easy Cheese Pizza](#) (add other toppings if you wish)
- **Salad:** Tossed Salad with [Ranch Dressing](#)
- **Salad:** [ChiChi’s Italian Salad](#)
- **Bread:** [Cheese and Herb Biscuits](#)
- **Dessert:** [Double Chocolate Toffee Cookies](#)

Notes:

- This is a great meal plan for after Thanksgiving. You can use up any leftover veggies from appetizer platters as well as turkey and gravy.
- If you don’t want extra buttermilk to go to waste, consider using it to make some [Homemade Waffles](#). You can always freeze them for later use and reheat them in a toaster oven.
- The Bacon & Broccoli Egg Bake serves 4. If you have hearty eaters or are serving more, increase the amounts on your shopping list and make a double batch.
- Several of the recipes allow you to choose which type of cheese to use. Shorten your shopping list by choosing cheeses that are used in more than one recipe.
- The biscuits call for fresh herbs. Feel free to substitute dried for the fresh if that’s what you have. Use 1/3 the amount if you’re using dried herbs.
- The shopping list includes ingredients for 1 whole batch of pizza dough but only 1/2 batch is called for. If you want more pizza, add ingredients for sauce and toppings to your list. Otherwise, try freezing the extra dough for another dinner. Once the dough ball is formed, divide it in half and freeze one part immediately in a greased freezer bag. Allow the other half to rise as the recipe directs.

Shopping List

Produce:

- 1/4 cup green onions, chopped
- 4 cloves garlic
- 1/2 medium zucchini
- 1 carrot
- 2 onions
- 2 heads broccoli
- 2 pints cherry tomatoes OR 4 large tomatoes
- 1 tomato for salad
- 1 large turnip
- 1 cup green beans
- fresh thyme (if not using dried)
- fresh parsley
- fresh dill
- 3/4 cup sliced leeks (1 baby leek)
- 1 head romaine lettuce
- lettuce and toppings of choice for tossed salad (enough to serve your family)

Dairy:

- about 1 cup butter (2 sticks)
- 1/3 cup unsalted butter
- 2 3/4 cups milk
- 1 1/4 cup buttermilk
- 8 eggs
- 2 cups grated cheddar cheese
- 1 cup finely shredded cheddar cheese or Monterey Jack
- 2 1/2 cups Monterey jack cheese
- 1/2 cup shredded Dubliner, Swiss, or cheddar cheese
- 2 1/2 cups mozzarella cheese

Butcher / Deli Case:

- 2 cups cooked, chopped turkey or chicken (use holiday leftovers!)
- 1/2 lb. mild bulk Italian sausage
- 4 slices bacon
- 12 ounces cheese tortellini

Frozen Foods:

- 10 oz. package frozen mixed vegetables

Dry / Canned Goods:

- 3 cups your favorite gravy [or ingredients for Mushroom Onion Gravy](#)
- 3 cups chicken broth
- 6 - 8 cups beef broth
- 28 oz. can diced tomatoes
- 6 oz. can tomato paste
- 1/2 cup canned garbanzo beans
- 1/2 cup pepperoncini peppers
- 10 cups unbleached, all-purpose flour
- pinch of sugar
- 1 cup dark brown sugar
- 1 cup chocolate chips
- 1 cup crushed Heath bars OR 1/2 cup chocolate chips and 1/2 cup toffee pieces
- baking powder
- 1 tablespoon yeast
- olive oil
- vegetable oil or canola oil
- Dijon mustard
- red wine vinegar
- mayonnaise
- honey

Spices:

- salt
- pepper
- onion powder
- garlic powder
- dried basil
- dried oregano
- dried parsley
- dried thyme (if not using fresh)
- cayenne pepper
- red pepper flakes
- vanilla