

Meal Plan #31

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

- **Crockpot Meal:** BBQ Beef Sandwiches made with [Shredded Beef](#) (serve with potato salad)
- **Mexican Meal:** [Beef Taquitos](#) with [Guacamole](#) (serve with Mexican rice)
- **Meatless Meal:** [Easy Beans & Rice](#)
- **Convenience Meal:** Potstickers with [Dipping Sauce](#) (add white rice and vegetable side)
- **Soup Meal:** [Chicken Noodle Soup](#)
- **Side Dish:** [Mexican Rice](#)
- **Side Dish:** [Deli Potato Salad](#)
- **Bread:** [Garlic Focaccia](#)
- **Dessert:** [Snickerdoodle Bars](#)

Notes:

- The Shredded Beef that you make in the crockpot will be used for two meals — the BBQ Beef Sandwiches and the Beef Taquitos. Make sure you divide the shredded beef as needed — you'll need at least 2 cups for the taquitos.
- For BBQ Beef Sandwiches, just serve the beef on hamburger buns with your favorite BBQ sauce. If you would like other toppings, add them to your shopping list.
- The recipe for Mexican Rice makes a lot of rice. A family of 4 can definitely use this batch for two dinners. Make one batch and serve some with Beef Taquitos and some with Easy Beans & Rice. Just serve the meals a day or two apart so your family doesn't feel like they're eating leftovers.
- Guacamole can be served with two meals — Beef Taquitos and Easy Beans & Rice. Adjust the number of avocados you buy depending on how much you like guacamole.
- As always be sure to check seasonal sales for good deals.

Shopping List

Produce:

- 2 onions
- 1 red onion
- green onions—at least 2, more if you want to use as a topping for Beans & Rice
- 1-2 ribs of celery (1/2 cup chopped)
- 2 carrots
- 1 small zucchini
- 2—4 avocados (buy more if you really like guacamole)
- 1– 2 lemons
- 2 cups shredded lettuce
- 2 tomatoes
- 4 pounds russet potatoes
- 4 cloves garlic
- 1 tablespoon minced ginger

Dairy:

- 2 cups grated cheddar cheese
- sour cream (optional topping)
- 1 egg
- 2 tablespoons butter

Butcher / Deli Case:

- 4 lbs chuck roast or chuck steak
- 2—3 boneless, skinless chicken breasts

Frozen Foods:

- potstickers—enough to feed your family

Dry / Canned Goods:

- olive oil
- vegetable oil
- sesame oil
- soy sauce
- rice wine vinegar
- Dijon mustard

- your favorite BBQ sauce
- your favorite salsa
- hamburger buns
- 2 dozen corn tortillas
- 1 small can diced green chilies
- 1 small can sliced black olives (optional topping)
- 2—3 cans pinto beans ([or make homemade if you prefer](#))
- 1 8-ounce can tomato sauce
- 12 cups chicken broth
- 2 cups white rice
- 8—16 ounces egg noodles (depends on your family's preference)
- 1 bag of tortilla chips
- about 1 cup sugar
- 1/2 cup brown sugar
- about 4 cups unbleached flour
- 1 cup whole wheat flour
- 2 1/2 teaspoons yeast
- baking powder

Spices:

- celery seed
- cinnamon
- chili powder
- dried dill
- dried oregano
- dried parsley
- garlic powder
- marjoram
- nutmeg
- paprika
- salt
- coarse salt
- black pepper
- crushed red pepper
- vanilla extract