

# Meal Plan #32

This weekly meal plan includes 5 main dishes, 1 bread, 2 side dishes, and 1 dessert. All recipes can be found at [GoodCheapEats.com](http://GoodCheapEats.com) and [LifeasMOM.com](http://LifeasMOM.com). Click on the link in this PDF to go directly to the online recipe.



## Recipes

- **Oven Meal:** [Easy Baked Chicken](#) (serve with Rice Pilaf and Zucchini Fritters)
- **Mexican-style Meal:** [Crockpot Enchiladas](#) (add beans and rice as sides)
- **Crockpot Meal:** [Easy Slow Cooker Chili](#) (serve with cornbread)
- **Pasta Meal:** [Italian Sausage and Spicy Tomato Sauce over Linguine](#)
- **Soup Meal:** [Lentil Minestrone Soup](#)
- **Side Dish:** [Zucchini Fritters](#)
- **Side Dish:** [Seasoned Rice Pilaf](#)
- **Bread:** [Buttermilk Cornbread](#)
- **Dessert:** [Oslo Kringle](#)

### Notes:

- The Easy Baked Chicken takes just moments to prepare and then the oven does the work. Reserve 2 cups of the shredded baked chicken for the Crockpot Enchiladas later in the week.
- The Lentil Minestrone Soup makes a large pot. If you've got a family of 4, plan on there being leftovers.
- Oslo Kringle can be dessert or a yummy treat to serve at breakfast. You need a lemon for its zest. Don't waste it, especially if fresh lemons are pricey in your locale. Use the lemon juice to add flavor to your water, or slice into into rounds and [make lemon cubes](#) for water.
- Use leftover buttermilk from making the cornbread recipe to make [homemade ranch dressing](#) for the zucchini fritters.

# Shopping List

## Produce:

- 2 yellow onions
- 2 medium zucchini
- 1 cup chopped leeks
- 3 garlic cloves
- 2 1/2 cups chopped carrots
- 1 lemon (for zest)

## Dairy:

- 1 1/4 cup butter
- 8 eggs
- 2 tablespoons milk
- 1 1/4 cup buttermilk
- 2 cups grated cheddar cheese
- freshly grated Parmesan (to top pasta)
- sour cream (optional—for dipping fritters or topping chili)

## Butcher / Deli Case:

- 4 large bone-in chicken breasts with skin (or 1 large package)
- 1 pound ground beef or turkey
- 4 Italian Sausage links

## Frozen Foods:

- 10 oz package frozen spinach (if not using canned)

## Dry / Canned Goods:

- nonstick cooking spray
- olive oil
- oil for frying
- Ranch dressing (optional—for dipping)
- 12 corn tortillas
- 1 pound linguini
- 1 cup panko bread crumbs
- 6 1/2 cups chicken broth
- 3 (15 oz) cans petite diced tomatoes
- 3 cups tomato sauce

- 3 cups enchilada sauce (we like Las Palmas)
- 1 (15 oz) can spinach (if not using frozen)
- 2 cups cooked beans (white, black, red kidney or combination)
- two (29-oz) cans pinto beans
- two (30-oz) cans black beans
- 1 cup dried lentils
- 1 1/4 cup orzo pasta
- 2 cups white, long-grain rice
- 2 to 4 tablespoons masa harina (this thickens and add flavor to chili but can be omitted)
- 1/2 cup whole grain cornmeal
- 3/4 cup whole wheat pastry flour (can sub unbleached flour if needed)
- 1 3/4 cups unbleached, all-purpose flour
- 1/2 cup sugar or sucanat
- 1 cup powdered sugar
- 2 tablespoons slivered almonds
- 1 tablespoon baking powder

## Spices & Extracts:

- salt
- kosher salt
- ground black pepper
- cayenne pepper
- crushed red pepper flakes
- chili powder
- ground cumin
- garlic powder
- dried basil
- dried oregano
- paprika
- thyme
- Italian seasoning
- almond extract