

Meal Plan #34

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

- **Meatless Meal:** [Beans & Rice](#)
- **Pasta Meal:** Pasta with [Red Sauce](#)
- **“Breakfast for Dinner” Meal:** [Pancakes](#) with Bacon and Fruit
- **Meal for Picky Eaters:** [Versatile Rice Bowls](#)
- **Soup Meal:** [Stone Soup](#) (aka Soup from Leftovers) - serve with breadsticks
- **Salad:** Tossed Salad with [Basic Vinaigrette](#)
- **Bread:** [Easy Garlic Breadsticks](#)
- **Dessert:** [Gramma John's Blue Ribbon Crispy Crunchy Chocolate Chip Cookies](#)

Notes:

- The Slow Cooker Red Sauce makes a large batch. Use what you need and then freeze the remaining in 2-cup batches for later use.
- You can use any leftover Mexican Rice for the Versatile Rice Bowls. Just choose other toppings that will go with the Mexican flavors.
- This week's recipes lean on the flexible side. With the exception of the baked goods, you can substitute a variety of ingredients in order to use what you have on hand.

Shopping List

Produce:

- enough lettuce for 2 cups shredded
- preferred tossed salad ingredients
- 2 large tomatoes
- 3 large onions
- 2 potatoes
- 2 large carrots
- 1/2 cup bell pepper, peas, or beans
- vegetables for [vegetable puree](#)
- vegetables of your choice for rice bowls (tomatoes, onions, mushrooms, broccoli, cauliflower, carrots, zucchini, bell peppers or chile peppers)
- garlic cloves for [vegetable puree](#)
- 2 - 4 avocados (optional) to use as topping or to [make guacamole](#)
- 1-2 lemons (optional for guacamole and vinaigrette)
- green onions (optional)
- fruit of your choice

Dairy:

- 2 cups shredded cheddar cheese
- shredded cheese for rice bowls (optional)
- 3 1/3 cups milk
- 4 eggs
- about 1 cup butter
- sour cream (optional)

Butcher / Deli Case:

- 1—2 cups cooked meat for soup
- protein of your choice for rice bowls (taco meat, chicken, steak, or fish)
- package of bacon

Dry / Canned Goods:

- oil (vegetable or sunflower)
- olive oil
- 1/2 cup vinegar (or citrus juice)
- tortilla chips
- 2—3 cans pinto beans (or [homemade](#))

- 2 cans preferred beans for soup & rice bowls
- 2 cups white rice
- rice of choice for rice bowls
- 1 (8-oz) can tomato sauce
- 10# can (108 oz) of crushed tomatoes
- 1 can (14.5 oz) petite diced tomatoes
- 1 can (15.5 oz) hominy
- 4 cups chicken broth
- 4 cups broth or stock of your choice
- pasta of your choice
- jar of your favorite salsa (at least 1 cup)
- 1 can of sliced green olives (optional)
- any canned item for rice bowls
- any jarred sauce for rice bowls
- any special topping for your rice bowls
- 7 cups flour
- 2 1/4 cup bread flour
- 1 cup white sugar
- 3 tablespoons sugar or sucanat
- 1 cup brown sugar
- 1 tablespoon baking powder
- 3 teaspoons baking soda
- 1 teaspoon cream of tartar
- 1 1/2 teaspoon yeast
- 1 bag chocolate chips

Spices & Extracts:

- salt (regular and kosher)
- black pepper
- bay leaf (for vegetable puree)
- garlic powder
- parsley flakes
- dried basil
- crushed red pepper flakes
- Italian seasoning mix OR [Jamie's Spice Mix](#) OR [Taco Seasoning Mix](#)
- sweet paprika
- seasoning of choice for vinaigrette (dry mustard, basil, oregano, Italian, herbs de Provence, tarragon)
- vanilla extract