

# Meal Plan #35

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

- **Batch Meal:** [Easy Baked Chicken](#) — make a double batch
- **Salad Meal:** [Ginger-Sesame Turkey Salad](#) — substitute chicken for the turkey
- **Soup Meal:** [California Chicken Gumbo for a Mob](#)
- **“Breakfast for Dinner” Meal:** [Basic Omelets](#)
- **Meatless Meal:** [Chile Cheese Bake](#)
- **Side Dish:** [Crockpot Potatoes](#) — make a double batch
- **Side Dish:** [Baked Potato Homefries](#)
- **Bread:** [Flaky Buttermilk Biscuits](#)
- **Dessert:** [Pepita Bars](#)

### Notes:

- Make the Easy Baked Chicken and Crockpot Potatoes at the beginning of the week. Eat the chicken as the main dish for one meal and then use the rest for other recipes throughout the week.
- Add your preferred baked potato toppings to your shopping list. Use extra baked potatoes for the homefries.
- There are 8 baking potatoes on the shopping list. Check to make sure your slow cooker will hold that many. If not, feel free to bake them all in the oven, in the microwave, or in two batches.

# Shopping List

## Produce:

8 large baking potatoes  
1 medium carrot  
2 medium onions  
1/2 cup chopped celery  
1 cup chopped bell pepper  
1 cup diced tomatoes  
1/2 cup sliced scallions (green onions)  
1/3 cup chopped cilantro  
1 tablespoon grated ginger  
3 poblano chiles  
lettuce leaves (option for wrapping  
ginger-sesame salad)  
preferred vegetable fillings for omelets

## Dairy:

about 1 cup butter (2 sticks)  
3/4 cup buttermilk  
half-and-half (for brushing biscuits)  
10 eggs  
1 1/2 cups sour cream  
preferred cheese for omelets

## Butcher / Deli Case:

8 large chicken breasts with skin &  
bones  
1/4 cup diced ham

## Dry / Canned Goods:

flour tortillas (option for wrapping  
ginger-sesame salad)  
8 ounce can water chestnuts  
1 cup canned sliced okra (or use fresh  
or frozen)  
1/4 cup rice vinegar  
2 tablespoons soy sauce  
sriracha (for topping)  
1 tablespoon sesame oil

about 3/4 cup oil (sunflower preferred for  
the ginger-turkey salad)  
toasted white sesame seeds (for garnish)  
2 tablespoons pimiento (optional)  
1/2 cup rice  
1/3 cup dried black-eyed peas  
3 cups unbleached, all-purpose flour  
2 teaspoons baking powder  
1/4 teaspoon baking soda  
2 cups dark brown sugar  
2 cups pepitas or coarsely chopped nuts  
of your choice  
2 1/2 quarts chicken broth  
12 ounces bottled salsa verde (Herdez is  
preferred)

## Spices:

salt  
kosher salt  
black pepper  
dried dill weed  
garlic powder  
dried parsley  
paprika  
red pepper flakes  
vanilla extract

## Other:

aluminum foil