

# Meal Plan #36

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

- **Slow Cooker Meal:** [Beef Ragu with Mushrooms and Peppers](#) over pasta
- **Freezer Meal:** [Chicken, Bean, and Cheese Burritos for the Freezer](#) (freeze extras)
- **Mexican-style Meal:** [Creamy Turkey Enchiladas](#)
- **Beef Meal:** [Popeye Burgers](#)
- **Pizza Meal:** [Pizza Margherita](#)
- **Side Dish:** [Mexican Rice](#)
- **Side Salad:** [ChiChi's Italian Salad](#)
- **Bread:** [Easy Make-Ahead Garlic Bread](#)
- **Dessert:** [Apple Cider Floats](#)

### Notes:

- If you wish to use chicken instead of turkey in the enchiladas, you can prepare the cooked chicken for both the enchiladas and the burritos at the same time. [Easy Baked Chicken](#) is an easy way to do this. It only takes a few minutes to prep for the oven. When it's done, chop it up for your recipes and freeze any extra for later use. You can make your own [convenience chicken strips for the freezer](#).
- The Mexican Rice recipe should make enough for at least two meals. Serve it with the burritos and the enchiladas.
- For the pizza, make a batch of dough. The amount you'll use will depend on how many pizzas you want to make and/or how thick you like your crust. This recipe can make four 12-inch pizzas, and we've included topping ingredients for 2 pizzas on the shopping list. Use the dough to make extra pizzas and have leftovers for lunch — just add your more cheese and toppings to the shopping list.
- The Pizza Margherita does not have sauce. If you prefer your pizza with sauce, add a can of tomato paste to your shopping list so you can make [Last-Minute Pizza Sauce](#). It uses Jamie's Spice Mix as well.
- You need the lemon for zest, but don't let the juice go to waste. Add it to your water or freeze in an ice cube tray for use later.

# Shopping List

## Produce:

- 1 cup sliced mushrooms
- 1 bell pepper
- 1/2 cup chopped onion, 1/4 onion
- 6 cloves garlic
- 1 jalapeno (or canned green chilies)
- 1 head romaine lettuce
- 3/4 cup finely chopped greens (like spinach, kale, and/or chard)
- greens for burgers
- 3 –4 medium tomatoes
- fresh basil (for pizza topping)
- 1 lemon for zest

## Dairy:

- 3/4 cup butter (1 1/2 sticks)
- 2 cups pepper jack cheese
- 1/2 cup Monterey Jack cheese
- 2 cups shredded cheese
- 2 1/2 cups mozzarella cheese
- 1 cup milk plus 2 tablespoons

## Butcher / Deli Case:

- 1 pound chuck steak
- 1 pound lean ground beef
- 2 cups cooked & chopped turkey or chicken
- 2 cups cooked chopped chicken

## Frozen Foods:

- vanilla ice cream

## Dry / Canned Goods:

- olive oil
- vegetable oil
- 1/4 cup red wine vinegar
- condiments for burgers
- 1 large loaf bread (French or Italian)
- 1 package of slider or hamburger buns

- 4 cups of your favorite pasta sauce or [homemade red sauce](#)

- 1 pound of your favorite pasta
- 2 cups uncooked white rice
- 12 corn tortillas
- 12 burrito-size flour tortillas
- 2 (15-oz) cans pinto beans or 4 cups [homemade pinto beans](#)
- 1 can garbanzo beans
- 1 (7-ounce) can chopped green chilies (if not using fresh jalapeno)
- 1 (7-ounce) can salsa verde
- 1 (8-ounce) can tomato sauce
- 1/2 cup pepperoncini peppers
- 5 cups chicken broth
- 4 3/4 cups flour
- pinch of sugar
- 2 tablespoons honey
- 1 tablespoon yeast
- caramel syrup

## Spices:

- kosher salt
- fine sea salt
- ground black pepper
- dried basil
- cayenne pepper
- celery seeds
- chili powder
- cumin
- garlic powder
- onion powder
- dried oregano
- paprika
- dried parsley

## Beverages:

- 1 bottle sparkling cider