

Valentine's Day Meal Plan

Make Valentine's Day special with this meal plan for Breakfast, Lunch, and Dinner. 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.



Breakfast

- [Raspberry Scones](#)
- [Homemade Spicy Turkey Sausage with Garlic and Basil](#)
- [Monkey Salad](#)

Lunch

- [Mini Pizzas](#) — Add Valentine flair by shaping the dough into small hearts!

Dinner

- [Chicken Parmesan](#)
- [Easy Crockpot Red Sauce](#)—Make the night before so you can use it on pizza and with dinner
- Steamed Broccoli or Tossed Green Salad
- [Make-Ahead Garlic Bread](#)

Dessert

- [Chocolate Mint Bars](#)

Notes:

- Keep with the Valentine's theme and keep the scones red/pink by substituting more raspberries for the blueberries in the recipe. If your family doesn't care for raspberries or if they are too pricey in your neck of the woods, try substituting strawberries or cranberries instead.
- Make your morning go more smoothly by preparing breakfast ahead of time. You can prepare the scones and flash-freeze them unbaked. Then, just pop them in the oven in the morning. Likewise, you can freeze the sausage patties either cooked or uncooked.
- Instead of making pizza sauce, just use the same Red Sauce that you'll be making for dinner. Since you'll want it ready in time for lunch, throw it in the crockpot the night

before. In the morning, divide out your portions for lunch and dinner and then cool and freeze the leftovers.

- Give everyone their own special pizza for lunch. Make sure you add everyone's favorite toppings to your shopping list. The shopping list only includes ingredients for dough and red sauce as well as basic cheeses, meat, and veggies. If you want specialty sauces, cheese, or other toppings, add them to your list. Pizza is lunchbox-friendly, so make them a day in advance if you need to pack them for school.

Shopping List

Produce:

- 2 cups raspberries
- 4 bananas
- 2 large onions
- head of broccoli or ingredients for tossed green salad—whichever your family prefers
- 1 tablespoon chopped fresh basil
- 4 cloves garlic
- veggie toppings of your choice for pizza

Dairy:

- 2 cups butter (4 sticks)
- 2 to 2 1/2 cups plus 1 tablespoon half-and-half
- 2 to 3 cups shredded mozzarella, Monterey Jack, and/or cheddar
- grated Parmesan cheese for topping
- 1 cup buttermilk
- 2 eggs

Butcher / Deli Case:

- 1.3 pounds ground turkey (a 20-ounce package is fine)
- 4 boneless, skinless chicken breasts
- meat toppings of your choice for pizza

Dry / Canned Goods:

- 1/2 cup olive oil
- 1/4 cup sunflower oil
- non-stick cooking spray

- 1 large loaf bread — French or Italian
- 1 pound pasta
- 1 1/2 cup whole wheat breadcrumbs
- 9 1/2 cups unbleached all-purpose flour
- 1/2 cup whole wheat pastry flour (can use all-purpose if you prefer)
- 1 1/4 cups sugar
- 1 cup powdered sugar
- 1/3 cup cocoa powder
- 1 cup chocolate chips
- 2 tablespoons honey
- cornmeal (for dusting)
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 tablespoon yeast
- 1 cup roasted and unsalted cashews
- 1 cup coconut chips
- 10# can (or four 28-ounce cans) crushed tomatoes

Spices & Extracts:

- salt
- fine sea salt
- black pepper
- cayenne pepper
- garlic powder
- dried basil
- dried oregano
- sweet paprika
- parsley flakes
- red pepper flakes
- vanilla extract
- peppermint extract