

# Meal Plan #38

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

- **Easy Oven Meal:** [Chicken and Wild Rice Bake](#)
- **Slow Cooker Meal:** [Easy Slow Cooker Chili](#)
- **Soup Meal:** [Vegetable Beef Soup](#)
- **Mexican-style Meal:** [Lawnmower Taco](#)
- **“Breakfast for Dinner” Meal:** [Bacon and Broccoli Egg Bake](#)
- **Salad:** [Poorman's Caesar Salad](#) (omit the chicken for a delicious side salad)
- **Side:** [Jessika's Roasted Vegetables](#)
- **Bread:** [Garlic Focaccia](#)
- **Dessert:** [Honey Lemon Cheesecake Bars](#)

### Notes:

- If you've got leftover bits of rice, chili, chicken, roasted vegetables, or even the vegetable beef soup, you should be able to make another pot of soup. A dish like this is often called Thursday Night Soup as it's a helpful way to make it to payday on Friday. Here's [an easy starter recipe](#) to help you make something from nothing.

# Shopping List

## Produce:

- 1 head romaine lettuce
- shredded lettuce (for topping)
- 2 1/2 cups chopped onion
- 1 1/2 cup chopped turnips
- 1 1/2 cups sliced carrots
- 3/4 cup sliced leeks (1 baby leek)
- 1 rib celery
- 2 cups chopped kale
- 8 cups chopped mixed vegetables of your choice (such as broccoli, carrots, cauliflower, green beans, mushrooms, onions, potatoes, squash, sweet potatoes, and zucchini)
- 1/2 cup chopped mushrooms (optional)
- 8 cloves garlic
- 2 lemons (juice and zest)

## Dairy:

- 1/2 cup melted butter
- 3/4 cup Romano cheese
- 2 cups grated cheese
- 1 cup shredded jack or cheddar
- 2 (8-ounce) packages cream cheese
- sour cream (for topping)
- 8 eggs

## Butcher / Deli Case:

- 3 bone-in chicken breasts
- 2 1/4 lbs. ground beef or turkey
- 1 pound round or chuck steak, cubed
- 4 slices bacon

## Frozen Foods:

- 1 cup green peas

## Dry / Canned Goods:

- about 1 1/4 cups olive oil
- 1/2 cup oil & vinegar dressing (or

## [ingredients for herbed vinaigrette](#))

- 1 tablespoon mayonnaise
- 1 teaspoon Dijon mustard
- 2—4 tablespoons masa harina (optional)
- 2 1/2 cups plus 1 tablespoon unbleached all-purpose flour
- 1 cup whole wheat flour
- 2 1/2 teaspoons yeast
- 2 cups graham cracker crumbs
- 1 cup plus 1 tablespoon honey
- 2 (29-ounce) cans pinto beans
- 1 (30-ounce) can black beans
- 1 cup tomato sauce
- 1 (14.5 ounce) can petite diced tomatoes
- black olives (for topping)
- salsa (for topping)
- 6 cups chicken broth
- 4 cups beef broth
- croutons (or use [homemade](#))
- 2 cups brown rice
- 2 tablespoons wild rice
- 9 ounces tortilla chips

## Spices:

- salt
- coarse salt
- kosher salt
- black pepper
- cayenne pepper
- chili powder
- cumin
- garlic powder
- herbes de Provence
- onion flakes
- dried oregano
- paprika
- dried thyme
- dried herbs of your choice (basil, dill, Italian blend, tarragon, or thyme)