

Meal Plan #40

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

- **Poultry Meal:** [Chicken Smothered in Onions](#)
- **Casserole Meal:** [Mexican Lasagna](#)
- **Skillet Meal:** [Easy Skillet Pork Chops](#)
- **Meatless Meal:** [Simple Bean Tostadas](#)
- **Salad Meal:** [Orchard Chicken Salad](#) (serve as sandwiches on Italian rolls or as a salad)
- **Side Dish:** [Mashed Potatoes](#)
- **Bread:** [Italian Sandwich Rolls](#)
- **Dessert:** Ice Cream with [Homemade Magic Shell](#)

Notes:

- Depending on your family size, one batch of mashed potatoes may be enough to serve with two meals. Serve the potatoes with the chicken smothered in onions. If there are leftovers, you can serve it with the pork chops if your family will like the sauce with the potatoes. Otherwise, try serving the pork chops with white or brown rice.

Shopping List

Produce:

- 3 large onions
- 2 green onions
- 1 to 2 cloves garlic
- 2 large tomatoes
- 2 cups shredded lettuce
- 1/2 cup red grapes
- 1 cup diced apple
- 8 russet potatoes

Add salad greens to your list if you will be serving the chicken salad atop greens instead of inside rolls.

Dairy:

- 5 1/2 tablespoons butter
- 1/4 cup whipping cream
- 4 cups shredded cheddar cheese
- 2 cups shredded pepper jack cheese
- 2 (8 ounce) packages cream cheese
- 1/2 cup sour cream

Butcher / Deli Case:

- 6 boneless, skinless chicken breasts
- 4 to 6 pork chops
- 1 pound ground beef or turkey

Frozen Foods:

- ice cream of your choice

Dry / Canned Goods:

- 1 tablespoon vegetable oil plus oil for frying tostadas
- 1/4 cup olive oil
- 1 tablespoon coconut oil
- 2 tablespoons apple cider vinegar
- 1/2 cup mayonnaise
- 12 corn tortillas

- 3 cups chicken broth
- 1 cup barbecue sauce
- 3 cups spaghetti sauce
- 6 to 8 lasagna noodles
- 2 cans (15-ounce) refried beans (or ingredients for [homemade cooked pinto beans](#))
- 1 cup salsa of your choice for lasagna plus extra for tostadas (ingredients for [homemade salsa](#))
- 4 cups plus 3 tablespoons flour
- 1 tablespoon yeast
- 1/4 cup dried cranberries
- 1/2 cup chocolate chips

Spices:

- salt
- black pepper
- nutmeg
- paprika
- parsley flakes
- dried thyme

Beverages:

- 1/2 cup pineapple juice, orange juice, chicken broth OR water