

Family Meal Plan for a week under \$100

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(Serves 4)

	BREAKFAST	LUNCH	DINNER
Day 1	Bagels & Cream Cheese with 1/2 Banana	Egg Salad with Crackers	Roasted Chicken Quarters with Mushroom Pasta and Green Beans
Day 2	Breakfast Casserole with Orange Slices	Buffalo Chicken Dip with Carrots and Celery	Pineapple Brown Sugar Pork Chops with Roasted Potatoes and Broccoli
Day 3	Breakfast Casserole with Pineapple	Dinner Leftovers	Chicken Fajitas with Yellow Rice & Refried Beans
Day 4	Scrambled Egg and Veggies Wraps with 1/2 Banana	Yellow Rice & Refried Bean Burritos	Cheesy Ground Turkey Potato Boats with Sautéed Cabbage
Day 5	Hard Boiled Egg, Toast, and Orange Slices	Dinner Leftovers	Cheesy Chicken Broccoli Pasta Bake with Side Salad
Day 6	Bagels & Cream Cheese with 1/2 Banana	Egg Salad with Crackers	Ground Turkey & Vegetable Soup with Grilled Cheese
Day 7	Leftovers	Leftovers	Leftovers

Snacks: oranges, Bananas, Hard Boiled Egg, Saltine Crackers, Pineapple chunks, Cheese Toast

Sweet Treat: Cinnamon Donut Holes

Groceries Needed:

Produce:
 Bananas x6
 Onions x2
 Oranges
 Bell Peppers x2
 Mushrooms
 Baby Carrots (1lb bag)
 Celery
 Potatoes (5lb bag)
 Cabbage
 Lettuce
 Tomato

Meat:
 Breakfast Sausage (1lb)
 Chicken Quarters (5lbs)
 Pork Chops (need 4)
 Ground Turkey

Dairy:
 Cream Cheese (two 8oz blocks)
 Cheddar Cheese (16oz)
 Eggs
 Milk
 American Cheese

Pantry:
 Bagels
 Baking Mix
 Sandwich Bread
 Tortillas (20ct)
 Yellow Rice
 Refried Beans
 Hot Sauce
 Ranch Dressing
 Saltine Crackers
 Canned Pineapple

Pantry continued:
 Cinnamon
 Brown Sugar
 Dry Pasta (any shape)
 Canned Green Beans
 taco seasoning

Frozen:
 Frozen Hash Browns
 Frozen Broccoli

SHOPPING LIST

PRODUCE

- Bananas x6
- Onions x2
- Oranges
- Bell Peppers x2
- Mushrooms
- Carrots (1lb)
- Celery
- Potatoes (5lb bag)
- Cabbage
- Lettuce
- Tomato

DAIRY

- Cream Cheese (two 8oz blocks)
- Cheddar Cheese (16oz)
- Eggs
- Milk
- American Cheese

FROZEN

- Frozen Hash Browns
- Frozen Broccoli

MEAT DEPT

- Breakfast Sausage (1lb)
- Chicken Quarters (5lbs)
- Pork Chops (need 4)
- Ground Turkey

PANTRY

- Bagels
- Baking Mix
- Sandwich Bread
- Tortillas (20ct)
- Yellow Rice
- Refried Beans
- Hot Sauce
- Ranch Dressing
- Saltine Crackers
- Canned Pineapple
- Cinnamon
- Brown Sugar
- Dry Pasta (any shape)
- Canned Green Beans
- Taco seasoning

Total: \$84.43

prices from Walmart in

Miami, Florida area

Day 1

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Bagels & Cream Cheese with 1/2 Banana

Egg Salad with Crackers

Roasted Chicken Quarters with Mushroom Pasta
and Green Beans

Bagels & Cream Cheese

My kids are still small so each child would get half a bagel and each adult would get a whole one. You may have to adjust as needed.

Cream Cheese-

We will be using cream cheese for a few recipes this week, so I will be buying it in blocks. It's cheaper this way too!

Roasted Chicken Leg Quarters

We are going to use a lot of leftover chicken this week, so we are going to precook as much as possible. (Typically I do this on a Sunday afternoon)

1. Drizzle chicken quarters with vegetable oil and season with salt and pepper.
2. Bake in 350 degree oven for about 45 minutes or until juices run clear. Total time will vary depending on thickness of chicken.

We are going to serve this "on the bone" the first night, and then we will remove the meat from the bones for other dishes.

I like to store all the pulled and shredded chicken meat into a Ziploc bag and store in the fridge. (You could also freeze this for later too!)

Save your chicken bones to make stock for soups!

Egg Salad:

This can easily be prepped ahead of time and can make a few extra eggs for snacks.

If you don't have mayo on hand, try making egg salad with ranch dressing!

Mushroom Pasta

Need:

- 1/2 box of noodles
- mushrooms
- 2 tbsp butter
- 2 tbsp flour
- milk
- 1 1/4 cup of milk

1. Boil 1/2 box of pasta until tender and then drain.
2. In separate saucepan, saute sliced mushrooms in butter until full cooked.
3. Add flour and stir well. Allow to cook for about 2 minutes to create a roux.
4. Using a whisk, slowly add in milk. Allow to continue cooking another 5 minutes to thicken as a sauce. (Add any seasonings you like, such as a italian blend or all purpose seasoning.

Day 2

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Breakfast Casserole with Orange Slices

Buffalo Chicken Dip with Carrots and Celery

Pineapple Brown Sugar Pork Chops
w/ Roasted Potatoes & Broccoli

Breakfast Casserole

Need:

breakfast sausage

1/2 onion

4 eggs

1 1/2 cups milk

1 cup baking mix

frozen hashbrowns

1 cup shredded cheddar

1. On the stove, brown your breakfast sausage with 1/2 a diced onion. Cook until sausage is done and onion is tender.
2. In a bowl, combine eggs, milk, and baking mix and mix until smooth. (This is where you add your seasonings of choice)
3. In a greased casserole pan lay out your hash browns, then your sausage & onions, and top with the egg mixture. Sprinkle shredded cheese on top.
4. Bake in 400 degree oven for 25–35 minutes.
5. To reheat next day, just microwave for 30–45 seconds!

Buffalo Chicken Dip

Need:

1 cup shredded chicken

1/2 block cream cheese

ranch dressing

1/2 cup shredded cheese

hot sauce

1. Start with cream cheese that has softened in a microwave safe bowl. Then add everything together and mix well. (I like to use a fork for this)
2. Microwave for about 1–2 minutes.
3. Go ahead and cut up celery & carrots for the week as well!

Pineapple Brown Sugar

Pork Chops with Roasted Potatoes &

Broccoli

Need:

4 potatoes (oil and
seasoning)

juice from can of
pineapple

1/2 cup brown sugar

pork chops

frozen broccoli

1. Wash potatoes and cut into 1 inch chunks. Toss in oil and favorite seasoning. Spread evenly on baking sheet and bake in 400 degree oven.
 2. In small bowl, combine pineapple juice with brown sugar. (You can add soy sauce for more flavor). Coat each pork chop in the glaze and lay on greased pan. Pour any remaining glaze over the pork.
 3. The potatoes will need about 45 minutes to bake, and the pork chops will need about 30 minutes.
 4. We like the steam in the bag broccoli, but you could roast it in the oven if you like.
- ***Make sure to save any leftover broccoli for Day 5

Dinner***

Day 3

Breakfast Casserole with Pineapple

Dinner Leftovers

Chicken Fajitas with Yellow Rice & Refried Beans

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Chicken Fajitas

Need:

yellow rice

2 cups shredded chicken

taco seasoning

2 bell peppers

1 onion

tortillas

refried beans

1. First go ahead and get your yellow rice cooking per directions on package.

2. We want our onions and bell peppers, cut into long strips and then saute until tender.

3. Once onions and peppers are cooked remove about 1/4 of the onions and peppers to save for tomorrow's breakfast.

4. Add your shredded chicken, taco seasoning, and 1/4 cup of water. Let simmer for 5 minutes.

5. Heat refried beans in microwave safe bowl in the microwave (approx. 2 minutes) and stir well.

6. Serve chicken with tortillas and rice & beans on the side.

We will save rice and beans for tomorrow's lunch

1. Combine baking mix, flour, brown sugar, and cinnamon in a bowl. (I typically make this in my stand mixer, but you can use a hand mixer as well.) You want a stiff dough similar to a sugar cookie dough.

2. Once combined, you can use an ice cream scoop or spoon to make 1 inch balls.

3. In a pan on the stove, heat your oil over medium high heat. (Make sure to use a pan with at least 2 inch sides)

4. Carefully place your dough balls into the oil and let brown. It usually takes 1-2 minutes on each side. Once both sides are browned, place on plate with paper towels to catch the excess oil.

5. Using a large ziploc bag, add 1 cup white sugar and 2 tsp of cinnamon. Put your cooked donuts in the bag and shake. This will coat each donut hole!

Cinnamon Donut Holes

Need:

2.5 cups baking mix

1 cup of flour

1/2 cup of brown sugar

1 tsp cinnamon

3/4 cup of cold water

oil to fry

Day 4

Scrambled Egg and Veggies Wraps with 1/2 Banana Yellow Rice & Refried Bean Burritos Cheesy Ground Turkey Potato Boats with Sauteed Cabbage

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Scrambled Egg Veggie Wraps

We will use the precooked onions and peppers from
Fajita night. I usually give them a rough chop to be
smaller.

Make scrambled eggs and then combine with
peppers/onions in a tortilla with a little shredded
cheese!

Rice & Bean Burritos

Using leftover rice and refried beans, you can make some easy
filling burritos. I usually add some chopped lettuce and
tomatoes as well

*Tomorrow night we will have side salads, so go ahead and prep
your lettuce and tomato all at once*

Cheesy Ground Turkey Potato Boats w/ Sauteed Cabbage

Need:

1lb ground turkey (we will
only use half for this meal)

1/2 onion diced

4 potatoes

1/4 cup of milk

butter

1 cup shredded cheese
cabbage

1. Wash the potatoes and use a fork to poke each side. Microwave for 3 minutes, and rotate and microwave again for 3 minutes. Keep repeating until potatoes are soft.

2. Meanwhile, we will saute our diced onion in a little oil. Once they start to look clear, we will add our ground turkey and brown it until done. (Once fully cooked, we will save half of this mixture for the soup tomorrow.)

3. Let potatoes cool for a little bit, and go ahead and chop the cabbage into large strips 1/2 inch wide. In a large pan, melt butter and add cabbage to the pan. I like to add a little water to help steam the cabbage. Add your favorite seasonings and let cook with the lid on until nice and tender.

4. Next we will slice our potatoes in half lengthwise and scoop out the middle part. (just like twice baked potatoes) We will take the inside part and mash it with a little butter, milk, ground turkey mixture, and shredded cheese.

5. Put the filling back into the potatoes, and microwave for 2 minutes.

Day 5

Hard Boiled Egg, Toast, and Orange Slices

Dinner Leftovers

Cheesy Chicken Broccoli Pasta Bake with Side Salad

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Cheesy Chicken Broccoli

Pasta Bake

need:

1/2 box noodles

1 1/2 cups homemade
chicken broth

3/4 cup of milk (divided)

1/3 cup of flour

1-2 cups shredded
chicken

leftover broccoli

1 cup shredded cheddar
cheese

1. First we will start boiling our water for the noodles.

2. While that is working we will make our own Cream of Chicken Soup! We combine the chicken broth and 1/4 cup of milk in a saucepan. Bring to a low boil.

3. Now we will mix the 1/2 cup of remaining milk with the flour in a small bowl. Whisk until no lumps and the mixture is smooth. (You can add seasonings like salt & pepper, poultry seasoning, etc.)

4. Pour the flour mixture into the chicken broth over low heat and stir well. Keep stirring for about 5-10 minutes over low heat until sauce is thickened. Turn off heat, and set aside.

5. When noodles are fully cooked, drain them and add them to a greased casserole dish.

6. We will add to the noodles the shredded chicken and diced cooked broccoli. Pour your thickened cream of chicken soup over the noodles/chicken/broccoli and stir to combine.

7. We then top the casserole with shredded cheese. (You can add crushed saltines, crackers, or bread crumbs if you want more crunch.)

Bake in 400 degree oven for 20-30 minutes. Cheese should be nice and melty and golden brown!

Homemade Chicken Broth

We are going to take all the bones from our chicken quarters and put it in a large pan (like a soup pot). We want to add any vegetable scraps we have like leaves and bottom of the celery, onion skins, and really anything else we have. Then cover everything with just enough water to cover. Next we let this simmer for 2-3 hours. (This can also be done in a crockpot if you like!)

After it has simmered, you will want to drain all the wonderful broth, and toss the veggies and bones.

You can store this in the fridge to use soon, or freeze to use later!

Day 6

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Bagels & Cream Cheese with 1/2 Banana

Egg Salad with Crackers

Ground Turkey & Vegetable Soup with Grilled Cheese

Turkey & Veggie Soup w/ Grilled Cheese

Need:

cooked ground turkey w/ onions

leftover celery & carrots

homemade chicken stock

2 potatoes diced

Any other leftover veggies

including diced tomatoes,

cooked cabbage, and

green beans!

1. This soup is the ultimate leftover user, so no ones soup will be exactly the same!

2. We will start in a soup pot and add either oil or butter to the bottom. Next we will saute any leftover raw vegetables we have like celery, onions, and carrots until they start to soften.

3. Next we will add our precooked ground turkey, diced potatoes, and any other leftover veggies like tomatoes, green beans, and cooked cabbage.

4. Cover with chicken stock and water.

5. Simmer over medium heat for 20–30 minutes, while we make grilled cheese to with our soup!

Fun Fact: My Bonus Mom calls this “Stoup” because sometimes it is thin like soup and other times it is thick like stew! It all depends on what was leftover this week.

Reminder

This is just a suggested order of meals in order to prep and pre-cook as much as possible. You can cook this meal plan in any order that you like and when it is convenient for your family!