

Family Meal Plan

for a week under \$100

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(Serves 4)

	BREAKFAST	LUNCH	DINNER
Day 1	Cottage Cheese with Pineapple & Toast	Fried Egg Sandwich with Apple Slices	Eggplant Parmesan, Tomato Pasta, & Side Salad
Day 2	Sausage Gravy & Biscuits with Peaches	Eggplant Parm Leftovers	Honey Mustard Chicken, Yellow Squash, and Roasted Sweet Potatoes
Day 3	Scrambled Egg, Toast, & Apple Slices	Chopped Chicken Sandwich with Pretzels	Ground Turkey Mac & Cheese with Tomato Cucumber Salad
Day 4	Sausage Egg Bites with Strawberries	Mac & Cheese Leftovers	London Broil, Mashed Sweet Potatoes, Sauteed Zucchini
Day 5	Strawberry Cottage Smoothies	Hard Boiled Egg, Peaches, & Tomato Cucumber Salad	Ground Turkey & Thai Sweet Chili Rice Bowls
Day 6	Sausage Egg Bites with Apple Slices	Dinner Leftovers	Steak Salad with Parmesan Cheese Toast
Day 7	Leftovers	Leftovers	Leftovers

Snacks: Apples, Cucumbers, Hard Boiled Eggs, Pretzels

Sweet Treat: Apple Pear Cake

Groceries Needed:

Produce:

Strawberries
Granny Smith Apples
Mini Cucumbers
Zucchini
Yellow Squash
Eggplant
Tomatoes (2lbs)
Sweet Potatoes x4
Romaine Lettuce

Dairy:

Mozzarella Cheese (8oz)
Dozen Eggs
Cheddar Cheese (16oz)
Cottage Cheese
Gallon of Milk
Biscuits (in a can)
Parmesan Cheese

Meat:

London Broil (2lb)
Boneless Chicken Thighs
Ground Turkey (1lb)
Breakfast Sausage (1lb roll)

Pantry:

Pears (canned)
Peaches (canned)
Pineapple(canned)
Rice
Pasta (any shape)

Pantry Continued:

Thai Sweet Chili sauce
Honey Mustard sauce
Tomato Sauce (15 oz)
Vinaigrette (any type)
Sandwich Bread
Yellow Cake Mix
Flour
Breadcrumbs
Pretzels

SHOPPING LIST

PRODUCE

- Strawberries
- Granny Smith Apples
- Mini Cucumbers
- Zucchini
- Yellow Squash
- Eggplant
- Tomatoes (2lbs)
- Sweet Potatoes x4
- Romaine Lettuce

DAIRY

- Mozzarella Cheese (8oz)
- Dozen Eggs
- Cheddar Cheese (16oz)
- Cottage Cheese
- Gallon of Milk
- Biscuits (in a can)
- Parmesan Cheese

MEAT DEPT

- London Broil (2lb)
- Boneless Chicken Thighs
- Ground Turkey (1lb)
- Breakfast Sausage (1lb roll)

PANTRY

- Pears (canned)
- Peaches (canned)
- Pineapple(canned)
- Rice
- Pasta (any shape)
- Thai Sweet Chili sauce
- Honey Mustard sauce
- Tomato Sauce (15 oz)
- Vinaigrette (any type)
- Sandwich Bread
- Yellow Cake Mix
- Flour
- Breadcrumbs
- Pretzels

Total:
\$84.90

prices from Walmart in
Houston, Texas area

Optional Items:

- Sesame oil (used in a previous menu)
- brown sugar (used in a couple menus)
- Yum Yum sauce (super tasty and you should try it...but not essential to this menu)

Day 1

Cottage Cheese with Pineapple & Toast

Fried Egg Sandwich

Eggplant Parmesan, Tomato Pasta, & Side Salad

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Eggplant Parmesan

Need: eggplant

flour

breadcrumbs

1 egg

1/2 box of pasta

tomato sauce

mozzarella cheese

Parmesan cheese

Italian Seasoning

1. We will start by washing and slicing our eggplant into about 1/2 inch thick slices. Then we need to set up a breading station. I like to use separate bowls for: 1 bowl for flour, a bowl with 1 egg whisked with a little water, and 1 bowl of breadcrumbs.

2. We will put each slice so eggplant into the flour, then into the egg mixture, and finally into the breadcrumbs.

3. These will be baked in a 350 degree oven for about 30 minutes. (I usually flip them about half way.)

4. While those are baking, I will go ahead and boil my pasta.

5. After the eggplant is nice and crispy golden brown, I will top each slice with a little tomato sauce and a sprinkling of parmesan and mozzarella cheese. Bake for another 5-10 minutes till nice and melty.

6. I will add the rest of the tomato sauce and Italian Seasoning to my pasta for an easy side dish!

1. First, we will wash and chop our apples. I like a dice of about 1/2 inch chunks.

2. In a sauce pan, we will put our 1/2 cup of butter, 1 cup of brown sugar, and our chopped apples. I stir this frequently until my apples are softened.

3. Drain your pears, but keep the liquid. Give the pears a quick chop so they are the same size as the apples, and add to the saucepan. Turn off heat and set aside.

4. In a large bowl, combine your cake mix, 1/3 cup of oil, 2 eggs, and your pear juice. (Ideally you want 1 cup of pear juice so if you don't have that much, add water until you hit 1 cup).

5. In a casserole or metal cake pan, spray with pan spray first, and then add your apple/pear mixture to the bottom. Spread so it is pretty even.

6. Now pour your mixed cake batter over the top of your apple/pear mixture without stirring the two together.

7. Bake in 350 degree oven for about 45-50 minutes and check if done with a toothpick.

Apple Pear Cake

Need:

3 apples

1/2 cup of butter

1 cup of brown sugar

can of pears

yellow cake mix

1/3 cup of oil

2 eggs

Day 2

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Sausage Gravy & Biscuits with Peaches

Eggplant Parm Leftovers

Honey Mustard Chicken, Yellow Squash, & Roasted Sweet Potatoes

Sausage Gravy & Biscuits

Need:

can of biscuits
1lb of sausage
1/4 cup flour
2 cups milk

1. Preheat your oven to the temperature on your biscuits. While those are baking per the directions, we will make gravy.
2. In a large sauce pan, we will start by cooking the full 1lb roll of sausage over medium high heat. Once fully cooked, we will remove about 1/2 of the cooked sausage and store in fridge once cooled. We will use this later for another breakfast.
3. In the same pan on medium heat that you cooked the sausage with half of it left with the grease, you will sprinkle your 1/4 cup of flour and start stirring it all together for 1 minute.
4. Now we will slowly add 2 cups of milk and keep stirring it. Continue cooking over medium heat, until your gravy thickens. Add salt, pepper, favorite seasonings, and serve over the biscuits!

1. First we wash and prep our squash and sweet potatoes. For the sweet potatoes, I like nice 1 inch chunks or thin slices. I usually cut the yellow squash in half and then slice into half moons about 1/8 inch thick. In a large bowl, drizzle oil over the squash and potatoes and add your favorite seasoning to them.
2. Spread the squash and potatoes evenly on a greased sheet pan, and bake in a 350 degree oven.
3. Once that is in the oven, Now we will take our chicken thighs and place in a large bowl. Pour a good amount of honey mustard sauce over the chicken and stir to coat evenly.
4. I don't have a pan big enough for all this, so I put my chicken on a second greased sheet pan. The chicken typically takes 30-45 minutes to bake, and I will turn it about every 15-20 minutes.
5. When I turn the chicken, I will also flip the potatoes and squash around. Depending on the thickness of the potatoes, you may want to pull them out of the oven early if they are done.

Honey Mustard Chicken Thighs Sheet Pan Dinner

Need:

Chicken Thighs
Honey Mustard Sauce
Yellow squash
2 Sweet Potatoes
oil
favorite seasonings

Day 3

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Scrambled Egg, Toast, & Apple Slices

Chopped Chicken Sandwich

Ground Turkey Mac & Cheese with Tomato Cucumber Salad

Chopped Chicken Sandwich

We will use our leftover chicken thighs from last night, but a whole thigh is a lot to put on a sandwich. I rough chop all the leftover chicken and then microwave for about 45 seconds to just warm it up. Pile it up on a slice of bread and top with lettuce and tomato. Add extra honey mustard sauce if needed!

Tomato Cucumber Salad

Super simple salad! We combine diced fresh tomatoes, diced cucumbers, and vinaigrette dressing. This can be made with an Italian dressing if you want. You can also add more to it! Try adding parmesan cheese, olives, onions, and more. To me this salad tastes better after it has been refrigerated for at least 1-2 hours, so go ahead and make it in advance!

Turkey Mac & Cheese

Need:

1 lb ground turkey
(we will only end up using half for this dish)
1/2 box of pasta
2 tbsp flour
1.5 cups of milk
1.5 cups shredded cheddar cheese
favorite seasonings

1. In a large pot, we will go ahead and boil our pasta and cook it until tender.
2. While that cooks, we will brown our ground turkey in a different pan until fully cooked. Remove 1/2 the cooked turkey and save that for another meal. Drain any excess grease from the pan.
3. Using a small bowl, whisk together 1 cup of milk and 2 tbsp of flour. Once combined, pour that into your 1/2 pound of cooked ground turkey. Keep this over medium high heat and stir for about 2 minutes.
4. Next add the other 1/2 cup of milk and slowly add your shredded cheese. As this boils, it will thicken up. Just keep stirring so it doesn't burn.
5. Add in your favorite seasonings and serve with a side of tomato cucumber salad.

Day 4

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Sausage Egg Bites with Strawberries

Mac & Cheese Leftovers

London Broil, Mashed Sweet Potatoes, Sauteed Zucchini

Sausage Egg Bites (Need 4 eggs, 1/2 lb of cooked sausage, 1 cup of shredded cheese, seasonings)

I like to use a large measuring cup with a spout to whisk together the 4 eggs, my seasonings, and a little water until light yellow. Then using a greased mini muffin pan, I sprinkle a little cooked sausage and a little cheese into each muffin opening. Then I pour the egg mixture over each spot until about full. I bake these at 350 degrees for about 12–15 minutes until golden brown and firm. I remove these from the pan immediately with a fork, or they tend to want to stick really bad.

To reheat: microwave them for like 20– 30 seconds.

London Broil with Mashed Sweet Potatoes & Zucchini:

Need:

London Broil

2 sweet potatoes

zucchini

oil

Favorite seasonings

1. Wash and peel your sweet potatoes first. Then cut them into small 1 inch chunks. I place these in a pot of water and boil until very soft. (about 20 minutes or so depending on size of the potato)
2. We like to grill London Broil, but you can also sear & cook it on the stove top. You can season it however you like, typically we stick to just salt and pepper. We like it medium to medium rare, but you can cook it however you like.
3. After your London Broil is cooked, you want to let it rest for at least 10–15 minutes. So set it on a large plate to the side.
4. If I cook this on the stove, I will go ahead and use the same pan to sautee up my washed & sliced zucchini. (I prefer the half moon shape) I will add some seasoning and butter to add flavor.
5. To make the mashed sweet potatoes, I like to drain them first and then add a little butter. I mash them until smooth and sometimes like to add a little cinnamon as well.
6. Once everything is cooked and ready, then it is time to slice the London Broil. To keep it from being chewy, you need to slice it on an angle and try to make slices about 1/8 inch wide. I go ahead and slice the whole broil, and then it is really simple to put the rest in a tupperware in the fridge.

Day 5

Strawberry Cottage Smoothies

Hard Boiled Egg, Peaches, & Tomato Cucumber Salad

Ground Turkey & Thai Sweet Chili Rice Bowls

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Cottage Strawberry Smoothies (need strawberries, any leftover fruit, milk, cottage cheese and ice)

This is a great way to use up odds and ends at the end of the week! I pull out my blender and add all the leftover strawberries and whatever other fruit I have (make sure to save a little pineapple for tonight's dinner). Next I add any of the cottage cheese leftover, a few ice cubes and a splash of milk. I blend this until smooth and add soem more milk for the right consistency.

Great on the go breakfast!

Thai Chili Turkey Rice Bowls

Need:

1 cup of dry white rice

2 cups water

2 mini cucumbers

1/4 cup vinegar

2 tbsp soy sauce

1 tsp sugar

1 tsp sesame oil

1/2 lb cooked ground turkey

Leftover Zucchini & Squash

leftover pineapple

Sweet Thai chili sauce

if you don't have sesame oil, you can use any oil.

1. First, we will go ahead and start our rice. I usually do 1 cup of dry rice to 2 cups water, but you can adjust as need.

2. Next we will make some quick pickled cucumbers. I like to wash and slice my cucumbers in about 1/8 inch slices. In a small bowl, mix together 1/4 cup vinegar, 2 tbsp soy sauce, 1 tsp sugar, and 1 tsp of sesame oil. Stir this well and then add cucumbers to bowl and make sure they are all coated.

Place bowl in fridge while you cook the rest of the dinner.

3. You can do this in the microwave or on the stove. I heat up my 1/2 pound of cooked ground turkey and any leftover vegetables from the week like zucchini, yellow squash, and roasted sweet potatoes. Once heated up, I drizzle with the Sweet Thai Chili Sauce and add some pineapple chunks for extra sweetness. (This sauce is not very spicy, so add more if you like it hot!)

4. Now to assemble our bowls! I like to start with rice on the bottom and put the turkey veggie mixture on top. Then I place our pickled cucumbers on the side. You can do it however you like!

*We like to add Yum Yum sauce on top of ours, but that is totally up to you!

Day 6

Sausage Egg Bites with Apple Slices

Dinner Leftovers

Steak Salad with Parmesan Cheese Toast

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Steak Salad with Parmesan Cheese Toast

It's the end of the week, and I just want a simple but yummy dinner. We are going to make salads using our leftover steak, chopped tomatoes, chopped cucumbers, shredded cheese, and anything else you would like to add. Maybe some hard boiled eggs, pickles, or anything hanging out in your fridge!

I like to chop my steak into smaller bite sizes for this salad, but you can keep it as long strips if you prefer.

We will be using the same vinaigrette dressing that we used for Tomato Cucumber Salad to finish that off.

For the Parmesan Cheese Toast, I will simply butter my sandwich bread and top with any leftover parmesan and mozzarella cheese. Bake in the oven for 8-10 minutes until melted. I do cut them fancy in diagonal fourths, but you can do what you like!

Salads at the end of the week are not only super easy, but they really help use up the odds and ends of leftovers!

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!