

Family Meal Plan

for a week under \$100

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	BREAKFAST	LUNCH	DINNER
Day 1	Banana Mini Muffins	Turkey & Cheese Roll ups	Potato Soup with Bacon, Cheddar Cheese, and Broccoli
Day 2	Cottage Cheese with Canned Peaches	Soup Leftovers	Ham, Cheese & Spinach Pasta with Garlic Bread
Day 3	Banana Mini Muffins	Bacon Turkey Sandwiches with Tortilla Chips	Caesar Chicken with Potato Wedges and Green Beans
Day 4	Rice Krispie Cereal with milk and Bananas	Caesar Pasta Salad	Garlic Butter Shrimp over Rice with Sautéed Carrots
Day 5	Eggies in a Basket with Cantaloupe	Dinner Leftovers	Chicken Fajita Bake with Corn & Black Beans
Day 6	Cottage Cheese with Canned Peaches	Ham and Egg Salad sandwiches with Carrot Sticks	Smothered Chicken and Rice with Side Salad
Day 7	Leftovers	Leftovers	Leftovers

Snacks: Carrots and Caesar Dressing, Chips & Salsa, Hard Boiled Eggs (or Deviled eggs), Cantaloupe.

Sweet Treat: Rice Krispie Treats

Groceries Needed:

Produce:	Meat Dept:	Dairy:	Pantry:	Pantry continued:
Banana (x5)	Bacon	Cottage Cheese	Muffin Mix	White Rice
Cantaloupe	Turkey Lunchmeat	12 count Eggs	Canned peaches	Cream of Chicken Soup
Tomato (x1)	Chicken Breasts (need 6)	Milk (gallon)	Sandwich bread	Canned Corn
Lettuce	Ham Steaks	Butter	Rice Krispie Cereal	Canned Black Beans
Lemon (x1)	Shrimp	Parmesan cheese	Marshmallows	Salsa
Potatoes		Cheddar Cheese (16oz)	Caesar Dressing	Taco Seasoning
Fresh Garlic	Frozen:	Cream Cheese (8oz)	Mayonnaise	Tortilla Chips
Carrots	Frozen Broccoli Cuts		Canned green beans	Pasta
Bell Pepper (x1)	Frozen Spinach			

SHOPPING LIST

PRODUCE

- Banana (x5)
- Cantaloupe
- Tomato (x1)
- Lettuce
- Lemon (x1)
- Potatoes
- Fresh Garlic
- Carrots
- Bell Pepper (x1)

DAIRY

- Cottage Cheese
- 12 count Eggs
- Milk (gallon)
- Butter
- Parmesan cheese
- Cheddar Cheese (16oz)
- Cream Cheese (8oz)

FROZEN

- Frozen Broccoli Cuts
- Frozen Spinach

MEAT DEPT

- Bacon
- Turkey Lunchmeat
- Chicken Breasts (need 6)
- Ham Steak (fully cooked)
- Shrimp

PANTRY

- Muffin Mix
- Canned peaches
- Sandwich bread
- Rice Krispie Cereal
- Marshmallows
- Caesar Dressing
- Mayonnaise
- Canned green beans
- White Rice
- Cream of Chicken Soup
- Canned Corn
- Canned Black Beans
- Salsa
- Taco Seasoning
- Tortilla Chips
- Pasta

Total: \$88.36

prices from Walmart in
Portland, Oregon area

Day 1

Banana Mini Muffins

Turkey & Cheese Roll ups

Potato Soup with Bacon, Cheddar Cheese, and Broccoli

Banana Mini Muffins:

One of my favorite low-cost hacks is to pick up a super cheap muffin mix that just requires milk and add a smashed banana to it. This not only adds fruit but also adds moisture and flavor, so the muffins are not dry!

If needed, pop 1 peeled banana in the microwave to soften it so it is easier to mash for the muffins.

Bacon in the Oven

I love bacon, but I hate the spatter and the mess!

We like to cook in the oven on a sheet pan covered in foil, and then put a cooling rack on top. This keeps the bacon out of the grease and seems to cook more evenly.

Depending on if you like chewy or crispy bacon, we usually bake for 20–25 minutes at 400 degrees.

Soup not thick enough?
try adding a spoonful of sour cream to thicken!

Garlic Bread or Toast

Since the oven is already on, this is a great time to grab any leftover bread from the freezer and make some garlic bread, cheesy bread, or just buttered toast to go with the soup!

Make some extra for tomorrow night!

Use sandwich bread if you don't have frozen leftover bread.

Turkey & Cheese Roll-Up

This simple lunch is basically just tortillas, turkey lunch meat, and cheese.

If you want to add more flavor check out the condiments in your fridge. Try adding ceasar or ranch dressing, spicy brown mustard, yum yum sauce, or anything else already in your fridge!

Potato Soup with Bacon, Cheddar Cheese, & Broccoli

Need:

4 potatoes

1 pack of bacon (save some for lunch #3 & dinner #6)

1 bag frozen broccoli cuts

1 cup of milk

2/3 cup shredded cheddar cheese

favorite seasonings

1. Clean and cut potatoes into 1 inch chunks. (I leave skins on but you can peel if you like.) Place in large pot to boil with enough water to cover.
2. While potatoes are boiling, I will go ahead and bake all the bacon in the oven at 400 degrees until done. (about 20–25 minutes)
3. Once potatoes are tender, go ahead and add the frozen broccoli cuts.
4. Next add milk & shredded cheese. Keep stirring until cheese is melted and cook over medium heat for about 20–30 minutes. (until potatoes are falling apart)
5. Top with chopped bacon to serve!

Day 2

Cottage Cheese with Canned Peaches

Soup Leftovers

Ham, Cheese & Spinach Pasta with Garlic Bread

Snack Prep:

This is a super easy day, so we will knock out some snack prep!

- *Go ahead and clean/peel carrots for carrot sticks
- *Boil a few eggs for hard boiled eggs or make deviled eggs.

Rice Krispie Treats:

I love to make rice krispie treats out of any cereal but today we go traditional.

My super quick way to make them just requires a microwave, microwave safe bowl, and a greased 8 inch square pan.

Need:

- 3 tbsp of butter
- 10oz of marshmallows
- 6 cups rice cereal

1. Microwave butter until melted. Add in marshmallows and start stirring.
2. Microwave for 20–30 seconds and then keep stirring. Repeat this step until all the marshmallows are nice and melty and smooth.
3. Add in cereal and keep mixing until well coated.
4. Pour mixture into greased pan and smush flat.

Pro tip– spray your finger tips with a little pan spray to keep them from getting all sticky with marshmallows

Ham Cheese & Spinach Pasta

Need:

- 1 box of pasta (will save 1/2 of the cooked noodles)
- 1/2 of the ham steak
- frozen plain spinach
- shredded cheddar cheese
- 1/4 block of cream cheese
- garlic bread from last night

1. We are going to start by boiling a whole box of pasta, but we will be saving half for our pasta salad.
2. In a skillet, I add our 1/2 ham steak that I have diced into small 1/2 inch pieces. (the ham steak is fully cooked, but this adds color and brings out flavor)
3. Next add frozen spinach and keep stirring until fully defrosted.
4. In the same pan, we will make the sauce by adding cream cheese and shredded cheddar cheese. Keep stirring until melted and everything is well coated.
5. By this time, your pasta should be done, so go ahead and drain it and add back to large pan. Pour the sauce over the pasta, and stir.
6. Serve with garlic bread that we pre-made last night or make another small batch tonight using frozen leftover bread or sandwich bread.

Day 3

Banana Mini Muffins

Bacon Turkey Sandwiches with Tortilla Chips

Caesar Chicken with Potato Wedges and Green Beans

Lunch: utilize some leftover bacon on your turkey sandwich for extra flavor!

Dinner Leftovers Tip: If you know ahead of time that you are planning to have leftovers for lunch, go ahead and pre-make little lunches in Tupperware after dinner. This makes packing a lunch so much easier!

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Caesar Chicken with Potato Wedges and Green Beans

Need:

3 potatoes

2-3 chicken breasts

Caesar Dressing

diced fresh tomatoes

can of green beans

parmesan cheese

1. First we will clean and cut our potatoes into wedges. Toss the wedges with oil and whatever seasoning you like (think basil, rosemary, oregano, or a spice blend.) Spread evenly over a large greased sheet pan. *Everything will end up on the same sheet pan, so make sure we are using a large one!*
2. Bake in 400 degree oven for 20 minutes. Meanwhile, go ahead and cut your chicken breasts into thirds and add to a bowl. Drizzle with Caesar dressing until well covered but don't need to drown it.
3. When our timer goes off the potatoes, we will take them out and flip them. Move them to the edges, and lay out your chicken breasts. Bake for another 20-25 minutes.
4. This time when the timer goes off, we will add our drained green beans and top our chicken with some parmesan cheese. Cook for another 5-10 minutes until chicken is done, potatoes are crispy, and green beans are hot!
5. Save all leftover chicken for Chicken Caesar Pasta Salad!

Day 4

Rice Krispie Cereal with Milk and Bananas

Caesar Pasta Salad

Garlic Butter Shrimp over Rice with Sauteed Carrots

Caesar Pasta Salad:

need:

leftover Caesar Chicken (diced or shredded)

saved 1/2 box of cooked noodles

Chopped lettuce

Parmesan Cheese

Caesar dressing

juice of 1/2 a lemon (save other half for shrimp dinner)

optional: croutons, diced tomatoes, other vegetables

1. This super simple salad is really just a dump and mix. ^{@lowdoughfamily} You want just enough dressing to coat so pour some in & mix, then add more as needed.
2. This does taste better the longer it sits, so you can actually make this the night before and refrigerate so it is super yummy at lunchtime.

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Garlic Butter Shrimp over Rice & Carrots

need:

2 cups white rice (save half for day #6)

frozen shrimp

fresh carrots

butter

juice of 1/2 a lemon

1. We will start by making 2 cups of dry rice with 4 cups of water.
2. Next we will clean and cut our carrots, and add to a saucepan with 2 tbsp of butter and whatever seasoning you like. (try dried dill, italian seasoning, or just salt and pepper) These will cook over medium until tender.
3. Depending on the shrimp you buy, you will want make sure they are deveined and shells removed.
4. Melt 2-3 tbsp of butter in a sautee pan, add shrimp, and steam with the lid on. You want your shrimp to turn light pink and remove from heat. If you overcook, they will get chewy.
5. Once pink, add more butter, minced garlic, & juice of 1/2 a lemon. (amount of butter is based on how much sauce you want.)
6. Serve shrimp over rice with as much sauce as you like and carrots on the side.

Day 5

Eggies in a Basket with Cantaloupe

Dinner Leftovers

Chicken Fajita Bake with Corn & Black Beans

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Eggies in a Basket

need:

4 slices sandwich bread

butter

4 eggs

1. First we will start by removing a hole in each slice of bread. You can use a juice cup as a guide or just use a knife to remove center.
2. In a saute pan, add a little butter and let it melt. Then add a slice of bread and make sure it is coated in the butter.
3. Now crack one egg and let fry until desired doneness. We like ours a little runny, but if you like it more well done, you can flip the egg and bread to make sure it is fully cooked. You can even add some shredded cheese to the top if you like!
4. If you don't like fried eggs, you can also go ahead and whisk your egg to be more like scrambled eggs. just pour the mix carefully in the hole.

Chicken Fajita Bake

need:

3/4 block of cream cheese softened

taco seasoning

bell pepper cut into strips

2-3 chicken breasts

can of corn (drained)

can of black beans (drained and rinsed)

salsa

optional: shredded cheese

1. In small bowl, combine cream cheese and taco seasoning until smooth and set aside.
2. In a greased glass casserole 9 x 13 pan, pour beans and corn at the bottom.
3. Cut chicken into strips or tenders (about 5-6 each depending on size of breasts). Season with salt and pepper and lay in pan over the beans and corn.
4. Using a spoon or knife, spread the cream cheese mixture over the chicken. This doesn't have to be pretty, you just want a good amount on each piece of chicken.
5. Top each cream cheese chicken with some salsa and sprinkle your bell pepper strips all around the pan.
6. Add a few tablespoons of water to the casserole dish and cover with aluminum foil. Bake in 400 degree oven for 30-45 minutes. (This will depend on how thick your chicken is so time may vary.)
7. Check that chicken is done and then top with shredded cheese and put back in the oven for 5-10 minutes uncovered to melt cheese.
8. My kids like to eat this like nachos with tortilla chips or you sprinkle crushed tortillas on top for crunch!

Day 6

Cottage Cheese with Canned Peaches

Ham and Egg Salad sandwiches with Carrot Sticks

Smothered Chicken and Rice with Side Salad

Ham & Egg Salad:

Ham salad can get a little too salty for me, so I combine traditional ham salad with some hard boiled eggs to cut that down. We are using the other half of the ham steak for this and you can chop with a knife into a small dice or chop with with a food processor. We make the salad with mayo, pickle relish if we have it, mustard, and salt and pepper.

Smothered Chicken and Rice

need:

2 cups leftover cooked rice

1 can cream of chicken soup

1 1/4 cup of milk

2 chicken breasts (cut into
chunks or strips)

shredded cheese

2-3 slices of precooked bacon
(chopped)

1. This is another 1 pan baked casserole and we start with spreading our rice at the bottom of greased casserole 9 x 13 pan.

2. In a small bowl, combine can of cream of chicken soup and milk and whisk until smooth. (you can add your favorite seasonings here, like italian blend, onion powder, garlic powder, salt & pepper, etc.)

3. Lay chicken on top of the cooked rice and then pour the cream of chicken mixture over top of chicken and rice.

4. Cover with aluminum foil, and bake in 350 degree oven for 30 minutes or until chicken is done.

5. Once chicken is fully cooked, I will top with shredded cheese and chopped bacon. Bake for another 5-10 minutes to melt the cheese.

6. Serve with side salad of lettuce, tomato, and carrots.

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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!