

Family Meal Plan for a week under \$100

(Serves 4)

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	BREAKFAST	LUNCH	DINNER
Day 1	Starbucks Pumpkin Bread w/ Apple Slices	Ham & Cheese Sandwiches w/ Tortilla Chips	Chik-Fil-A Nuggets & Ruby Tuesday Pasta Salad
Day 2	Starbucks Spinach Egg Bites w/ Cantaloupe	Dinner Leftovers	Arby's Beef & Cheddar Sandwiches, Battered Home Fries, and Broccoli
Day 3	Starbucks Pumpkin Bread w/ half a Banana	Baked Potato with Leftovers	Taco Bell Mexican Pizza, Yellow Rice, and Avocado Salad
Day 4	Scrambled Eggs with Ham & Cheese w/ Cantaloupe	Salad with Leftovers	KFC Chicken Bowls with Cheese Bread
Day 5	Starbucks Spinach Egg Bites w/ Apple Slices	Dinner Leftovers	Chili's SW Egg Rolls with Fried Rice & Sautéed Carrots
Day 6	Avocado Toast w/ half a Banana	Ham & Cheese Sandwiches w/ Tortilla Chips	Big Mac Salad with Garlic Bread
Day 7	Leftovers	Leftovers	Leftovers

Snacks: Bananas, Cantaloupe, Apple Slices, Chips & Guacamole, Grilled Cheese Sandwiches

Sweet Treat: Wendy's Frosty (or ice cream)

Groceries Needed:

Produce:

1 yellow onion
5lb bag of potatoes
Tomatoes on the vine (1.9lb bag)
Green Onions
Romaine Lettuce (3pack)
6 bananas
Cantaloupe
3lb bag of Gala Apples
2lb bag of carrots
Avocado (5ct bag)

Meat:

Roast Beef Lunchmeat (7oz tub)
1lb roll of ground beef
Chicken Breasts (8 pack)
1lb ham lunch meat

Dairy:

Colby Jack Cheese (16oz block)
Eggs (18 ct)
Half Gallon of Milk
Nesquik chocolate milk (14oz bottle)
White American Cheese (24ct)

Frozen:

Frozen Peas
Vanilla Ice Cream (48oz)
Frozen Spinach
Frozen Broccoli

Pantry:

Hamburger Buns (8ct)
Shells & Cheese
Refried Beans (16oz can)
Red Enchiladas Sauce (10oz can)
Flour Tortillas (20 ct)
Corn (15oz can)

Pantry Continued:

Brown Gravy Mix
Hamburger Dill Pickles (16oz jar)
Buttermilk Ranch Dressing (16oz bottle)
Turmeric (2oz jar)
Taco Seasoning
Pumpkin Bread Mix
Black Beans (15oz can)
Sandwich Bread
Fried Rice Seasoning
1lb bag of Rice
Tortilla Chips
5lb bag of flour
Paprika (2oz jar)
Vegetable Oil

SHOPPING LIST

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MEAT DEPT

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- Black Beans (15oz can)
- Sandwich Bread
- Fried Rice Seasoning
- 1lb bag of Rice
- Tortilla Chips
- 5lb bag of flour
- Paprika (2oz jar)
- Vegetable Oil

Total: \$98.01

prices from Walmart in
Philadelphia, PA area

Day 1

Starbucks Pumpkin Bread w/ Apple Slices

Ham & Cheese Sandwiches w/ Tortilla Chips

Chik-Fil-A Nuggets & Ruby Tuesday Pasta Salad

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Starbucks Pumpkin Bread

So I priced out multiple recipes and it kept coming out cheaper to just buy a mix! So I would follow the directions on package. I like the Pillsbury brand one because everything was included, and I didn't have to buy a can of pumpkin! This one just needed water, oil and eggs.

Ruby Tuesday Pasta Salad

Need:

just shell pasta from the mac & cheese box
ranch dressing

1/4 of the ham lunchmeat chopped

1/2 bag of frozen peas

1. Boil water and cook pasta shells. While this is cooking, take half the bag of frozen peas and microwave in a bowl for about 2 minutes.

2. Drain the pasta, and combine with ranch dressing, chopped ham, and peas. Let chill in fridge for at least 20-30 minutes

can make this ahead of time

Chik-fil-a Sauce (optional)

1/2 cup of mayo, 2 tbsp honey, 1 tbsp honey BBQ sauce, 2 tsp yellow mustard, 1 tsp lemon juice

Whisk all ingredients together and refrigerate for an hour. It tastes better the longer it is chilled

Chik-Fil-a Nuggets

Need:

3 chicken breasts

1 cup pickle juice

1/2 cup milk

1 egg

1 1/2 cups flour

1/4 cup confectioners/ powdered sugar
garlic powder, onion powder, paprika, salt, pepper

1. We will start by cutting 3 chicken breasts into 1-2 inch chunks, place in a ziploc bag with pickle juice and milk and allow at least 30 minutes to overnight in the fridge to marinate.
2. After marinated, whisk 1 egg in a bowl and add it to the bag of chicken.
3. In a bowl, combine flour, powdered sugar, and seasonings. Using a slotted spoon, carefully take pieces of chicken out of bag and dip into coating.
4. I make these in a 375 degree air fryer and it takes about 7-9 minutes depending on how thick the nuggets are cut. (You can also do these in a regular 400 degree oven it will take about 20-25 minutes.)
5. You will want to flip them at the half way point to make sure they evenly cooked!

Day 2

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Starbucks Spinach Egg Bites w/ Cantaloupe

Dinner Leftovers

Arby's Beef & Cheddar Sandwiches, Battered Home Fries, and Broccoli

Starbucks Egg Bites

Need:

4 eggs

1/2 cup milk

Herb blend (parsley, oregano,

basil, etc. whatever you have!)

1/2 bag frozen spinach

1 cup of shredded cheese

1. We will start by whisking our eggs with milk and adding our seasoning to the eggs.
2. Microwave your frozen spinach for a minute or so, it doesn't have to be fully defrosted just easy to break up/ not clumped.
3. In a greased mini muffin, add spinach and cheese to the bottom of each spot, don't pack it in though just nice and easy.
4. Pour your egg mix over top and give the pan a shake so the egg doesn't sit on top.
5. Bake at 375 degree oven for about 20-25 minutes. Eggs will be slightly brown and firm.

Battered Home Fries

3 potatoes

1.5 cups flour

3 tbsp paprika

salt, pepper, garlic powder, onion powder

2 cups water

oil to fry

1. Clean & Slice potatoes into homestyle wedges. Place in large bowl with HOT water for 20 minutes and then strain.
2. Combine flour and spices in bowl and whisk with water to make batter.
3. In a large pan, heat oil to fry. We want to dip the fries in the batter and give a little shake. Then fry for about 4-5 minutes. (Place on paper towel afterwards for excess grease)
4. Fry in batches to avoid overcrowding the pan.

Arby's Beef & Cheddar Sandwich

Need:

roast beef

4 hamburger buns

1/2 onion chopped

butter

cheese pouch (from shells & cheese box)

1. We will start by caramelizing our diced onions with butter in a small saucepan until dark brown.
2. On a sheet pan, arrange your hamburger buns open faced and butter each side. Add onions on top of the bottom half of each bun. Toast in oven or toaster oven for 5 minutes.
3. In a medium pan, boil water and once boiling, you will dip your roast beef slices in the water to warm them up.
4. Once buns are toasted you will place the roast beef on top of the onions and spread the cheese from pouch on top. (if your cheese pouch is really thick, thin with a little water in a bowl and microwave for 20 seconds.

Arby's Red Sauce (optional)

1/2 cup ketchup, 2 tbsp brown sugar, 1/4 cup vinegar, onion powder, garlic powder, paprika, 3tbsp Worcestershire sauce, salt, cayenne pepper

1. Blend all ingredients in blender and then simmer on medium heat for 20 minutes.
2. Mix 1 tbsp corn starch with 2tbsp water and whisk, cook another 10 minutes until thickened.

Day 3

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Starbucks Pumpkin Bread w/ half a Banana

Baked Potato with Leftovers

Taco Bell Mexican Pizza, Yellow Rice, and Avocado Salad

Yellow Rice

2 tbsp butter, 1 cup white rice, 2 cups water, 1 chicken bouillion cube, & 1 tbsp turmeric

1. Melt butter in pan, add rice and let cook for 1 minute.

2. Add seasonings and stir in water. Once boiling let simmer for 20–25 minutes.

Taco Bell Mexican Pizza

Need:

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

1/2 pack taco seasoning

red enchilada sauce

10 tortillas

refried beans

1 diced tomato

1 cup shredded cheese

4–5 chopped green onions

diced avocado

1. In a hot pan, we want to fry our tortillas real quick with a tiny bit of oil just to warm them up! Put aside and then cook the ground beef in the same pan.

2. Drain the grease from the beef and then take half of the meat and store in the fridge for another dinner. Add 1/2 taco seasoning and water to beef and let simmer.

3. In a small bowl, heat refried beans in microwave to warm them up. Stir well.

4. To assemble our pizzas, we will start with laying half of the tortillas on a sprayed cookie sheet. Using a spoon, spread the beans over the tortillas and then add some seasoned ground beef on top of the beans.

5. Place another tortilla on top of the beans & meat, then spoon enchilada sauce on top of that tortilla.

6. Sprinkle diced tomato on top of the sauce, then add shredded cheese. Sprinkle a few green onions on top of the cheese and then bake in 400 degree oven for about 10 minutes until fully melted.

Avocado Salad: Similar to a Mexican Restaurant, we will serve a simple salad of lettuce, diced tomato, and diced avocado. (add ranch or use extra enchilada sauce if you like.)

Pro Tip: Freeze any leftover enchiladas sauce in an ice cube tray to use later.

Alternate Way: instead of having individual pizzas, you can make this as one big casserole in a 9 x 13 pan. Totally up to you!

Day 4

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Scrambled Eggs with Ham & Cheese w/ Cantaloupe
Salad with Leftovers
KFC Chicken Bowls with Cheese Bread

Scrambled Eggs with Ham & Cheese

I like to whisk 3 eggs with a little milk and make scrambled eggs. Once the eggs are mostly cooked, I will add in diced ham and top with shredded cheese. I put the lid on for a few minutes to melt the cheese and serve with cantaloupe!

KFC Bowls

Need:

3 potatoes

3 chicken breasts

1 egg

1 cup of milk

1 cup flour

Favorite spices

can of corn

gravy pack

KFC spices include:

salt, thyme, basil, oregano,

celery salt,

paprika, black pepper, dry

mustard, garlic salt, ginger,

white pepper

1. We want to cut our chicken breasts into about 1 inch strips to make chicken tenders. We will beat 1 egg with 1 cup of milk and pour it over our chicken. Let this soak for 30 minutes in the fridge.
2. Next clean and chop your potatoes. Then boil to make mashed potatoes.
3. In a medium bowl, combine flour and favorite seasonings. (If you don't have all the KFC spices it's totally ok, just use what you have.)
4. Once chicken is soaked, we will carefully coat each piece with the flour mixture.
5. We will fry this in oil in a large pan. Since these are tenders, they typically take about 8-10 minutes but that depends on size. I like to flip about half way through for even cooking.
6. Let sit on paper towels to remove excess grease.
7. Prepare gravy according to the packet.
8. To assemble the bowls, my family likes to put mashed potatoes on the bottom, then gravy, top with chicken tenders and canned corn. Some people like cheese on top that is up to you! (For cheese bread- we will use 2 leftover hamburger buns to make 4 slices. Butter and top with cheese, then toast in toaster oven.)

Day 5

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Starbucks Spinach Egg Bites w/ Apple Slices

Dinner Leftovers

Chili's SW Egg Rolls with Fried Rice & Sauteed Carrots

Avocado Ranch Dipping Sauce

We will take one avocado and smash it with a fork. Slowly add ranch dressing and mixing it together until smooth. If the sauce is still too thick, you can add a little water to thin it out!

Fried Rice

On one night that you have the time, go ahead and make a pot of plain white rice. You want to start with 1.5 cups of dry rice and 3 cups of water.

This should make about 3 cups cooked rice. Store in fridge!

We will be using a seasoning packet to flavor our cooked rice and then adding 2 eggs to it to make fried rice. You can also add any leftover veggies you may have!

SW Egg Rolls

Need:

2 chicken breasts

1/2 pack of taco

seasoning

leftover canned corn

1/2 bag of frozen

spinach

1 can of black beans

(drained & rinsed)

3 green onions (chopped)

10 tortillas

1/2 cup shredded cheese

1. In a pan on the stove, cook 2 chicken breasts in a little oil for about 8 minutes on each side until fully cooked. Put these aside on your cutting board to cool so we can chop them into small pieces.
2. Now in your hot pan, you want to add your corn, spinach, black beans, chopped green onions, and taco seasoning. Cook over medium heat about 5 minutes.
3. To make the egg rolls, we will start by adding about 2 tbsp of chopped chicken, then about 2 tbsp of the black bean/spinach mixture, top with a little shredded cheese. Fold in the edges of the tortilla and roll it up.
4. In a large pan, heat up your oil and once it is ready, we will add our egg rolls seam side down. Cook for about 4 minutes and then carefully flip over for another 4 minutes.
5. Set cooked egg rolls on paper towel for excess grease. Then slice diagonally like Chili's does and serve with the avocado ranch sauce.

Sauteed Carrots: In a small pot, I sautee the carrots with a little butter or oil. You can add whatever seasoning you like to these. I usually stick with just salt & pepper.

Day 6

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Avocado Toast w/ half a Banana

Ham & Cheese Sandwiches w/ Tortilla Chips

Big Mac Salad with Garlic Bread

Big Mac Sauce (similar to thousand island dressing)

need:

1/2 cup mayo

2 tbsp relish

1.5 tbsp mustard

1/2 tbsp BBQ sauce

1 tbsp vinegar

1/2 tsp garlic powder

1/2 tsp onion powder

1/2 tsp paprika

In a small bowl, whisk all ingredients together. Let this sit in the fridge for a little bit and then shake or stir before using as your dressing.

Big Mac Salad

need:

1/2 lb ground beef
(already cooked)

lettuce

pickles

diced tomato

diced onion

Everything is already cooked for this salad so really we are just adding everything together and making garlic bread with our last 2 buns!

Wendy's Frosty

Need:

vanilla ice cream

bottle of chocolate milk

1. In a blender, start with 2 big scoop of ice cream and 1/2 cup of chocolate milk.
2. Blender until smooth and add more milk if too thick.

**I make these in small batches because they do melt pretty quick. **

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!