

# Family Meal Plan

for a week under \$100

@lowdoughfamily

(Serves 4)

	BREAKFAST	LUNCH	DINNER
Day 1	Ham & Cheese Corn Muffins w/ Apple Slices	Grilled Turkey & Cheese Sandwiches with Tortilla Chips	Honey Garlic Chicken Thighs over Rice with Broccoli
Day 2	Vanilla Yogurt with Strawberries & Toast	Ham Pasta Salad	Beef & Potato Casserole with Zucchini
Day 3	Fried Eggs & Potatoes with Apple Slices	Dinner Leftovers	Turkey & Stuffing Roll-Ups with Green Beans
Day 4	Vanilla Yogurt with Strawberries & Toast	Ham Pasta Salad	BBQ Chicken Pizza with Roasted Potatoes & Corn
Day 5	Scrambled Eggs & Ham with Toast w/ Banana	Baked Potatoes	Philly Cheesesteak Pasta with Side Salad
Day 6	Strawberry Banana Pancakes with Honey	Dinner Leftovers	White Chicken Chili w/ Tortilla Chips
Day 7	Leftovers	Leftovers	Leftovers

Snacks: Tortilla Chips, Apples, Hard Boiled Eggs, Grilled Cheese, Yogurt, Bananas

Sweet Treat: Pineapple Fluff

## Groceries Needed:

### Meat:

Cubed Ham (1lb)  
Ground Beef (1lb roll)  
Turkey Lunchmeat (1lb)  
Boneless Skinless Chicken Thighs (3lb bag)

### Frozen:

Frozen Strawberries (1lb)  
Frozen Broccoli (12oz bag)  
Whipped Topping (8oz)

### Produce:

red onion x1  
5lb bag of potatoes  
minced garlic (8oz)  
green bell pepper  
zucchini  
cucumber  
roma tomatoes x3  
Fuji apples (3lb bag)  
lettuce  
bananas x6

### Dairy:

Cheddar Cheese (8oz block)  
American Cheese (16ct)  
Vanilla Yogurt (32oz)  
Mozzarella Cheese (16oz block)  
Eggs (18ct)  
Milk (1/2 gallon)  
Cream Cheese (8oz block)

### Pantry:

Sandwich Bread (20oz)  
Vanilla Pudding Mix  
Jiffy Corn Muffin Mix  
Dry Active yeast (3ct)  
Honey (12oz)  
Worcestershire sauce  
BBQ sauce  
Mushrooms (8oz can)  
Crushed Pineapple (20oz can)

### Pantry Continued:

Green Beans (14.5oz can)  
Stuffing (6oz box)  
Green Chiles (4oz can)  
White Beans (15.5oz can)  
Corn (15oz can)  
Beef Boullion (3.25 oz jar)  
Pasta (16oz box)  
Soy Sauce (15oz bottle)  
Rice (1lb bag)  
Tortilla Chips (13oz bag)  
Chicken Broth (32oz)

# SHOPPING LIST

## PRODUCE

- red onion x1
- 5lb bag of potatoes
- minced garlic (8oz)
- green bell pepper
- zucchini
- cucumber
- roma tomatoes x3
- Fuji apples (3lb bag)
- lettuce
- bananas x6

## DAIRY

- Cheddar Cheese (8oz block)
- American Cheese (16ct)
- Vanilla Yogurt (32oz)
- Mozzarella Cheese (16oz block)
- Eggs (18ct)
- Milk (1/2 gallon)
- Cream Cheese (8oz block)
- Sour Cream (8oz)

## FROZEN

- Frozen Strawberries (1lb)
- Frozen Broccoli (12oz bag)
- Whipped Topping (8oz)

## MEAT DEPT

- Cubed Ham (1lb)
- Ground Beef (1lb roll)
- Turkey Lunchmeat (1lb)
- Boneless Skinless  
Chicken Thighs (3lb bag)

## PANTRY

- Sandwich Bread (20oz)
- Vanilla Pudding Mix
- Jiffy Corn Muffin Mix
- Dry Active yeast (3ct)
- Honey (12oz)
- Worcestershire sauce
- BBQ sauce
- Mushrooms (8oz can)
- Crushed Pineapple (20oz  
can)
- Green Beans (14.5oz can)
- Stuffing (6oz box)
- Green Chiles (4oz can)
- White Beans (15.5oz can)
- Corn (15oz can)
- Beef Boullion (3.25 oz jar)
- Pasta (16oz box)
- Soy Sauce (15oz bottle)
- Rice (1lb bag)
- Tortilla Chips (13oz bag)
- Chicken Broth (32oz)
- Onion Soup Mix (1 pack)
- Turkey Gravy Mix

**Total:**  
**\$88.03**

prices from Walmart in  
Denver, CO area

# Day 1

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Ham & Cheese Corn Muffins w/ Apple Slices

Grilled Turkey & Cheese Sandwiches with Tortilla Chips

Honey Garlic Chicken Thighs over Rice with Broccoli

## Ham & Cheese Corn Muffins

Need: Jiffy mix

1 egg, 1/3 cup milk,

4oz of ham, 1/2 cup shredded cheddar  
cheese

1. Combine all ingredients and mix well.

2. I like to do this in 8 muffin tins or in a square 8x8 pan. Grease your pan of choice first, then add in your batter.

3. Bake in 400 degree oven for about 15–20 minutes or until golden brown.

## Honey Garlic Chicken Thighs

Need:

1 cup white rice/ 2 cups of water

4 chicken thighs

4 tbsp garlic

1/3 cup of honey

1/4 cup of water

2 tbsp vinegar

1 tbsp soy sauce

1. First, we will get our rice cooking. I like to use 1 cup of dry rice and 2 cups of water.

You may want to adjust this as needed.

2. You can either bake all of your chicken thighs for the week in the oven or cook just enough for tonight in a pan on the stove.

3. In a small bowl, you want to combine the garlic, honey, water, vinegar, and soy sauce. Mix until well combined.

4. If you cook all your chicken in the oven, you will want to take 4 fully cooked thighs and give them a rough chop to make them bite sized. If you just want to cook tonight's chicken, you will want to sear the chicken in a pan on the stove and cook until fully done. I remove them from the pan, chop them and then put them back in pan.

5. Add your sauce to the chicken and also to come to a boil. Keep stirring until sauce is thickened and chicken is fully coated.

6. Serve over rice and with a side of broccoli. We use the steam in the bag option for the microwave.

## Pineapple Fluff

Need: 20oz crushed pineapple,  
vanilla pudding mix, & whipped topping

1. Combine crushed pineapple with juice and the vanilla pudding mix.

2. Gently fold in whipped topping, but don't mix too hard.

3. Refrigerate for at least 1 hour before serving.

4. This makes a good amount, so you can serve this multiple times!

# Day 2

Vanilla Yogurt with Strawberries & Toast

Ham Pasta Salad

Beef & Potato Casserole with Zucchini

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## Vanilla Yogurt with Frozen Strawberries

Since we are using frozen strawberries, you will want to pull a handful the night before and place in storage container in the fridge to let them defrost.

If you forget this step, just microwave a few berries in the microwave for about 30 seconds, stir, another 30 seconds, and stir.

You can add a little sugar or honey to make this more of a strawberry glaze if you like!

## Ham Pasta Salad

Need: 1/2 box of pasta (any shape will work)

Vinegarette Dressing (DIY: 4 tbsp oil, 1 tbsp mustard, 1 tbsp honey, 2 tbsp vinegar, & favorite seasoning blend)

8 oz chopped ham

Diced Veggies: 2 Roma tomatoes, 1/3 zucchini, 1/2 cucumber, 1/4 green bell pepper, 1/4 red onion, leftover broccoli, etc.

1. First we will boil water for the pasta and once fully tender, we will drain. Since this is for a cold pasta salad, I like to dip my pasta in ice water to fully stop the cooking quickly.
2. You can use any salad dressing or vinegarette you already have on hand, or use these common ingredients to make your own. You really just combine the items in a jar and shake well or combine with a whisk.
3. In a large bowl, add your cooled pasta, vinegarette, and your diced veggies. Stir well and then allow to refrigerate for a couple of hours. Pasta salad usually tastes better the longer it chills because it soaks in all the salad dressing! (If you want to add cheese, I recommend adding it when you serve it, because it can get very soggy/yucky the longer it sits in the dressing.)

## Beef & Potato Casserole

Need:

1lb ground beef (will only use 1/2 for this meal)

4 potatoes (sliced 1/8 inch thick)

1 pack onion soup mix

2 cups of hot water

1/2 cup of sour cream

1 cup shredded cheddar cheese

1. In a pan on the stove, we will go ahead and brown our ground beef. Once fully cooked and the grease drained, we will take 1/2 out and store for a different meal.
2. In a small bowl, combine 1 onion soup mix pack, 2 cups of hot water, and 1/2 cup of sour cream. Mix well with a spoon.
3. In a greased casserole 9x13 pan, lay out your sliced potatoes as evenly as possible. Sprinkle the cooked ground beef over the potatoes. Then you will pour your onion soup mixture over the potatoes & beef.
4. Use a spoon to stir and make sure everything is covered. Bake this in a 400 oven for about 45 minutes.
5. For the zucchini, I like to saute it in a pan on the stove top over medium high heat with butter and garlic.
6. At this point your potatoes should be tender, so top the entire casserole with shredded cheese and bake another 5-10 minutes until melted!

Day 3

Fried Eggs & Potatoes with Apple Slices

Dinner Leftovers

Turkey & Stuffing Roll-Ups with Green Beans

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Fried Eggs & Potatoes

I like to make "baked" potatoes in the microwave by poking them with a fork and placing on microwave safe plate. I heat for 3 minutes, flip the potatoes, and cook for another 3 minutes. I repeat this until they are soft. Then I refrigerate them to use for later!

In the morning, I dice the cooled potatoes and fry them in a pan with a little oil and seasoning. You can fry the eggs in the same pan or you can make scrambled eggs in a separate pan.

Turkey and Stuffing Roll Ups

Need:

1/2 pound of turkey lunch meat

1 box of stove top stuffing

1 pack of turkey gravy mix

\*\*\*I absolutely love the flavors of Thanksgiving, but I am not a huge fan of the work involved! So this dinner, is so easy but gives me that same taste I crave all year long and in less than 30 minutes\*\*\*\*

1. First, we will go ahead and make our stove top stuffing. Usually you just heat water and butter until boiling, and then mix in the dried bread.
2. In another pan, go ahead and make your turkey gravy according to the directions. Once thickened, turn off heat and set aside.
3. Depending on how thin your turkey meat is, I will typically use 2 slices for each roll- up. I lay out my turkey, spoon some stuffing on up and roll up. I usually can make about 8 roll-ups.
4. In a greased 9x13 casserole, I will place my rollups seam side down. (This keeps them from unraveling.) Top the rolls with gravy and allow gravy to cover between the rolls on the pan.
5. Bake in 350 degree oven for about 20 minutes. We are really just heating everything up since everything is already cooked.
6. Serve with a side of green beans and we typically add in cranberry sauce if we have it!

# Day 4

Vanilla Yogurt with Strawberries & Toast

Ham Pasta Salad

BBQ Chicken Pizza with Roasted Potatoes & Corn

## Pizza Crust

Need:

- 1 pack of dry yeast
- 1 1/2 tsp of sugar
- 3/4 cup of hot water
- 2 cups of flour
- 3/4 tsp salt
- seasonings
- 2 tbsp oil

## Pizza Toppings

- 2 chicken thighs chopped
- 1/2 red onion diced
- 1 1/2 cups shredded mozzarella cheese

1. I make the dough using a stand a mixer. If you don't have a mixer with a dough hook, you can buy a mix that just uses water and use a fork to make the dough.
2. In my stand mixer, I start by adding my yeast and sugar, and then add hot water. I stir this with a spoon and let sit while I get the rest of items measured. (The mixture will start to "bloom" and you will smell the yeast after a few minutes.)
3. In a medium bowl, I combine my flour, salt, and seasonings. (I like to use ranch powder or combination of garlic powder, onion powder, and oregano.)
4. Using a dough hook, I add the oil to my yeast and then add my flour. I like to start slow until the dough starts to form and bump the speed up a little bit. The dough will eventually wrap around the hook.
5. Using my fingers, I will pinch the dough and determine if I need a little more flour. Once my dough ball is formed, I place it in the same bowl that I used for the flour and spray the bowl with pan spray. Cover with plastic wrap and let sit for at least 20–30 minutes. The longer you let it sit the more it will rise and give an airy or lighter crust.
6. To assemble the pizza, I use BBQ sauce as the base, then spread my chopped chicken thighs, diced onion, any other topping you like, and shredded mozzarella cheese.
7. Bake in 400 degree oven for 10–15 minutes. Serve with canned corn and potatoes.

## Roasted Potatoes

I wash and chop my potatoes into about 1/2 inch dice. Then drizzle with oil and my favorite seasonings. You can put this in the air fryer for about 20 minutes or in the oven for about 40 minutes. I flip about half way through to get a nice golden brown color on all sides.

Day 5

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Scrambled Eggs & Ham with Toast w/ Banana

Baked Potatoes

Philly Cheesesteak Pasta with Side Salad

Scrambled Eggs with Ham

We should have 1/4 or about 4 oz of chopped ham left in our pack, so we will make a some scrambled eggs and add the ham to them. I usually top with some shredded cheese and serve with toast & a banana.

Philly Cheesesteak Pasta

Need:

3/4 green bell pepper

1 can of mushrooms

1/2 lb ground beef

(already cooked)

2-3 tbsp of

Worcestershire sauce

1/2 box of pasta

1-2 beef bouillon cubes

about 2 cups of water

1/2 box of pasta

1/2 block of cream

cheese (chopped)

1/2 cup of shredded

mozzarella cheese

1. I usually make this as a one pot pasta, but you can make it separately if you want to, totally up to you.
2. In a large pan with upright sides (at least 2 inches), I will saute the diced bell pepper and canned mushrooms (drain the juice first). Next, I add my already cooked ground beef, and break up any chunks of meat. I will go ahead and add in some seasonings like garlic powder, onion powder, black pepper, and the Worcestershire sauce.
3. I heat 2 cups of water in the microwave and use a fork to mostly dissolve my beef cubes. Then I pour it over the ground beef. Next, I add in the dry uncooked pasta and stir well. We want the pasta fully covered with the liquid, so you may need to add a little more water if not fully covered.
4. I bring this to a boil, and simmer about 20 minutes until the pasta is cooked and soft. You want to have a good amount of liquid left about 1 cup, if you still have a lot of liquid let it boil for 5 minutes to evaporate.
5. Next I stir in my chopped cream cheese until fully melted, this will thicken up the sauce as well. Once this is fully combined, I sprinkle with mozzarella cheese and let melt.
6. Serve with simple side salad of lettuce, diced tomato, diced cucumbers, and dressing/ vineagarettte of choice.

# Day 6

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## Strawberry Banana Pancakes

Need: 4 eggs, 2 ripe bananas  
1 cup of frozen strawberries

In a small bowl, I like to microwave my 2 ripe bananas and frozen strawberries. This will soften them and make it easier to smash them.

Once smashed, I mix in the eggs until well blended.

Fry these in a saucepan, like pancakes, and serve with a drizzle of honey on top!

## Strawberry Banana Pancakes with Honey

### Dinner Leftovers

## White Chicken Chili w/ Tortilla Chips

### White Chicken Chili

Need:

2 chicken thighs  
(chopped small)  
minced garlic  
Chicken Broth  
Green Chiles (4oz can)  
White Beans (15.5oz  
can- drained & rinsed)  
seasonings  
1/2 block cream cheese  
(cut into chunks)

1. We will start by cutting our chicken breasts into bite sized pieces about 1 inch wide. I like to cook these in a little oil until fully cooked. (if you precooked all the chicken- jump to step 2)
2. Now, I go ahead and add garlic, chicken broth, green chiles, white beans, and seasonings like garlic powder, onion powder, oregano, paprika, etc.
3. I let this simmer for about 20 minutes and then add in the chunks of cream cheese. Stir this well until cream cheese is fully melted.
4. Serve this with tortilla chips and cheese if you like. Avocado is really tasty too!

## 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!