

Family Meal Plan

(Serves 4)

for a week under \$100

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	BREAKFAST	LUNCH	DINNER
Day 1	Eggies in a Basket with a Clementine	Turkey & Cheese Sandwich with Pretzels	Mississippi Chicken over Rice with Brussel Sprouts
Day 2	Banana Brown Sugar Oatmeal	Dinner Leftovers	Sloppy Joe's with Carrot Salad & Potato Wedges
Day 3	Strawberry Yogurt Parfait with Graham Crackers	Sloppy Joe & Cheese Taquitos w/ Sour Cream	Tuna Casserole with Side Salad
Day 4	Scrambled Egg & Cheese Wraps w/ a Clementine	Dinner Leftovers	Beef & Bean Burrito Bowl with Rice
Day 5	Cinnamon Raisin Oatmeal	Dinner Leftovers	Sausage Foil Packs with Potatoes, Onions, & Carrots
Day 6	Strawberry Yogurt Parfait with Graham Crackers	Turkey & Cheese Sandwich with Pretzels	One Pot Chicken Parmesan Pasta with Side Salad & Garlic Bread
Day 7	Leftovers	Leftovers	Leftovers

Snacks: Clementines, Pretzels, Graham Crackers, Raisins
Yogurt, Turkey & Cheese Wraps, Bananas, Peanut Butter Sandwiches

Sweet Treat: Peanut Butter Oatmeal Bars

Groceries Needed:

Produce:

onions x2
carrots (1lb)
Red Potatoes (3lb)
Romaine Lettuce
Roma Tomatoes x4
Bananas x6
Clementines (3lb bag)

Meat:

6ct Sausage Links
Chicken Breasts (3lb bag)
Ground Beef (2lb)
Turkey Lunchmeat (9oz)

Frozen:

Frozen Peas
Frozen Brussel Sprouts

Dairy:

Mozzarella cheese (8oz blk)
Cheddar Cheese (16oz blk)
Butter (1lb)
Sour Cream (8oz)
Eggs (1 dz)
Strawberry Yogurt (32oz)
Sliced Cheese (12ct-8oz)

Pantry:

Canned Tuna (12oz)
Black Beans (15oz can)
Cream of Mushroom (10.5oz can)
Egg Noodles (16oz bag)
White Rice
Aus Jus mix
Ranch Seasoning mix
Banana Peppers (12oz jar)
Breadcrumbs (15oz)
Tomato Sauce (15oz can)
Sandwich Bread (20oz)

Pantry Continued:

Sandwich Bread (20oz)
Hamburger Buns (8ct)
Quick Oats (18oz)
Raisins (12oz box)
Graham Crackers (14.4oz box)
Pretzels (16oz bag)
Peanut Butter (16oz)
Flour Tortillas (20ct)
Taco Seasoning

SHOPPING LIST

PRODUCE

- onions x2
- carrots (1lb)
- Red Potatoes (3lb)
- Romaine Lettuce
- Roma Tomatoes x4
- Bananas x6
- Clementines (3lb bag)

DAIRY

- Mozzarella cheese (8oz blk)
- Cheddar Cheese (16oz blk)
- Butter (1lb)
- Sour Cream (8oz)
- Eggs (1 dz)
- Strawberry Yogurt (32oz)
- Sliced Cheese (12ct-8oz)

FROZEN

- Frozen Peas
- Frozen Brussel Sprouts

MEAT DEPT

- 6ct Sausage Links
- Chicken Breasts (3lb bag)
- Ground Beef (2lb)
- Turkey Lunchmeat (9oz)

PANTRY

- Canned Tuna (12oz)
- Black Beans (15oz can)
- Cream of Mushroom (10.5oz can)
- Egg Noodles (16oz bag)
- White Rice
- Au Jus mix
- Ranch Seasoning mix
- Banana Peppers (12oz jar)
- Breadcrumbs (15oz)
- Tomato Sauce (15oz can)
- Sandwich Bread (20oz)
- Hamburger Buns (8ct)
- Quick Oats (18oz)
- Raisins (12oz box)
- Graham Crackers (14.4oz box)
- Pretzels (16oz bag)
- Peanut Butter (16oz)
- Flour Tortillas (20ct)
- Taco Seasoning Pack

Total: \$86.92

prices from Walmart in
Atlanta, GA area

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Day 1

Eggies in a Basket with a Clementine

Turkey & Cheese Sandwich with Pretzels

Mississippi Chicken over Rice with Brussel Sprouts

Eggies in a Basket

These go by many names but basically this is where you make a hole in a piece of bread and then fry an egg in the hole. We occasionally top it with cheese but that is totally up to you!

Rice & Brussel Sprouts

For the rice, I typically start with 1 cup of dry rice and 2 cups of water. Once boiling, I let simmer for about 20 minutes until all water is absorbed

For the brussel sprouts, I like the steam in the bag kind so I can just do this in the microwave.

Peanut Butter Oatmeal Bars

Need: 1.5 cups peanut butter

1/2 cup butter

1/2 cup brown sugar

2.5 cups oatmeal

1 cup raisins

1. In microwave safe bowl, combine butter, brown sugar, and peanut butter. Microwave for 30 seconds, give it a good stir and then microwave another 30 seconds. Keep doing this until fully melted.
2. Stir in oatmeal and raisins until well combined and then pour into a parchment paper lined 8x8 pan. Refrigerate for an hour and then slice into bars!

can also add cinnamon, chocolate chips, coconut, etc.

Mississippi Chicken

Need:

4 chicken breasts

Banana Peppers

1 stick of butter

1 pack of au jus mix

1 pack of ranch seasoning

1. This meal is made in a crockpot and is super simple! We start with placing 4 chicken breasts in the crockpot and then top with 1 stick of butter sliced into chunks, about 1/2 cup of banana peppers, 1 pack of au jus, and 1 pack of ranch seasoning.
2. You can cook this on low for 8 hours or on high for 4 hours.
3. Once done the chicken will shred very easily and have a great gravy. If your gravy is not thick enough, add in a spoonful of sour cream and stir well.

We are using banana peppers instead of pepperoncini peppers because they are not as hot and they can be a little cheaper. Use whichever ones you like!

Day 2

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Banana Brown Sugar Oatmeal

Dinner Leftovers

Sloppy Joe's with Carrot Salad & Potato Wedges

Banana Brown Sugar Oatmeal

Need:

- 4 cups of water
- 2 cups of Oatmeal
- 2 bananas sliced
- 1/2 cup of brown sugar
- cinnamon to taste

1. This can be made in the microwave or on the stovetop. When I make a batch for the whole family, I find it easier to do it in a pot on the stove.
2. Bring 4 cups of water to a boiling, then add in oats. Cook about 5 minutes and then remove from heat.
3. Stir in bananas, brown sugar, and cinnamon.

Carrot Salad

Need:

- 1/2 lb of carrots
- 1 tbsp citrus juice
- 3/4 cup of mayo
- salt & pepper
- 1/2 cup of raisins

1. Clean and peel carrots, and then place in a food processor so you have small chopped pieces.
2. In a small bowl combine, mayo, citrus juice, salt, and pepper. (if you don't have lemon or lime juice, use a mandarin orange!)
3. Stir the carrots and raisins into dressing and let refrigerate for at least 30 minutes.
4. The longer this chills the better the flavor!

Sloppy Joe's

Need:

- 1lb ground beef
- 1 onion diced
- brown sugar
- ketchup
- Worcestershire sauce

1. We will start by cooking our diced onion in a little bit of oil. Once this is tender, we will add our ground beef and cook till done. Then, drain your grease.
2. Next, we will add brown sugar, ketchup, and Worcestershire sauce.
3. Everyone likes their Sloppy Joe's a little different so, if you like yours pretty mild go with 3 tbsp ketchup, 1 tbsp brown sugar, and 1 tsp worcestershire sauce. If you like your sweet, go with 2 tbsp ketchup, 2 tbsp brown sugar, and 1 tsp worcestershire sauce. I would play around with this a little until it tastes perfect to you!
4. Serve with Hamburger Buns!

Potato Wedges

Wash and slice potatoes into wedges. Drizzle with oil and your favorite seasonings. You can do these for about 15-20 minutes in an air fryer, or place on a sheet tray and bake in a 400 degree oven for about 30-40 minutes. The time will depend on the thickness of the potatoes.

Day 3

Strawberry Yogurt Parfait with Graham Crackers

Sloppy Joe & Cheese Taquitos w/ Sour Cream

Tuna Casserole with Side Salad

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Strawberry Yogurt Parfait

This is really just a fancy name for a cup of strawberry yogurt topped with crumbled graham crackers. The funny part is my kids think it tastes better if I call it a parfait! You can add some sliced bananas as well.

Sloppy Joe Taquitos

Need:

Sloppy Joe meat

Cheddar Cheese (shredded)

Tortilla

1. Take a tortilla and add some sloppy joe meat and shredded cheese.
2. Roll the tortilla tightly and place seam side down on a pan.
3. We usually bake these in a toaster oven for 5–10 minutes but you can also do this in a 350 degree oven.
4. Serve with sour cream for dipping!

Tuna Casserole

Need:

1/2 bag of egg noodles

12oz can of tuna (rinsed & drained)

10.5oz cream of mushroom soup

1 bag of frozen peas

1 cup of shredded cheese

breadcrumbs

1. Start by boiling your water for the noodles. We will go ahead and cook 1/2 the bag and drain them once cooked.
2. In a bowl, we will combine the rinsed and drained tuna with the cream of mushroom soup, frozen peas, and 3/4 cup of shredded cheese.
3. Now we will mix on our cooked noodles and pour this into a greased 9x13 casserole dish.
4. I like to top the casserole with breadcrumbs and the last 1/4 cup of cheese.
5. Bake in a 400 degree oven for 30 minutes or until golden brown.

Day 4

Scrambled Egg & Cheese Wraps w/ a Clementine

Dinner Leftovers

Beef & Bean Burrito Bowl with Rice

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Scrambled Eggs & Cheese Wraps

I like to whisk 3 eggs with a little water and make scrambled eggs. Once the eggs are mostly cooked, I will add some shredded cheese and serve this in a warmed tortilla.

Burrito Bowls

Need:

1 cup of white rice

2 cups water

1lb ground beef

taco seasoning

1/4 cup of water

15oz can of black beans

(rinsed & drained)

chopped lettuce

diced tomato

sour cream

1. First, we make our plain white rice, by adding 1 cup rice and 2 cups water to a pot and let boil. Once boiling, we drop to a simmer and add the lid.

This will simmer for about 20 minutes until all water is absorbed.

2. Next, we brown our ground beef in a large pan. Once fully cooked we will drain the grease.

3. Then we will add in our taco seasoning, water, and black beans. I let this simmer for a few minutes to thicken up.

4. To assemble our bowls, I start with rice at the bottom, a generous scoop of the ground beef and beans, then top with lettuce, tomato, and dollop of sour cream.

This meal should have a decent amount of leftovers for tomorrow, so I recommend storing the rice in one container and the beef & beans in a separate container. During lunch you can reheat these separately and then build your bowls. When I tried storing them in the same bowl, the rice tended to get dry and crunchy.

Day 5

Cinnamon Raisin Oatmeal

Dinner Leftovers

Sausage Foil Packs with Potatoes, Onions, & Carrots

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Cinnamon Raisin Oatmeal

Just like we did with the Banana Oatmeal, we will use 2 cups of oats & 4 cups of water. Start by boiling the water, then add in your oats. Let cook for 5 minutes and remove from heat. Then stir in 1/2 cup of raisins, a dash of cinnamon, and some brown sugar to taste (we use about 1/4 of a cup).

Sausage Foil Packs

Need:

Smoked Sausage

4-6 potatoes

1 onion

carrots

oil

seasonings

1. We like to cut our sausage into 1-2 inch pieces. For the potatoes we usually chop them into either wedges or a large dice about 1 inch thick. The onions and carrots we just do a rough cut into bite sized pieces. There is no wrong way to cut your vegetables, we just don't want them too big or they will take longer to cook.
2. You can do this in one large foil pack or make individual packs. We usually do one large pack and add a few jalapenos for us, and make a pack without peppers for the kids.
3. You will want to drizzle your sausage and vegetables with some oil and season with your favorite spices and herbs. We usually do salt, pepper, and a garlic herb blend.
4. We place the sausage and veggies in a sheet of aluminum foil and fold it over. Crimp the edge tight and then poke a few holes in the top with a fork.
5. Bake in a 400 degree oven for about 30-40 minutes.
6. At this time you can open the foil packs and add a little shredded cheese if you like. My kids usually eat theirs with some sour cream as well!

Day 6

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Strawberry Yogurt Parfait with Graham Crackers

Turkey & Cheese Sandwich with Pretzels

One Pot Chicken Parmesan Pasta with Side Salad & Garlic Bread

Chicken Parmesan Pasta

need:

3 chicken breasts

15oz can of Tomato Sauce

Italian Seasoning

1/2 bag of egg noodles

water

breadcrumbs

shredded mozzarella cheese

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.
2. Next we will add in our can of tomato sauce and Italian seasoning. Stir this well, then add in our 1/2 bag of egg noodles. We now add in enough water so our noodles are fully covered.
3. I let this simmer over medium-high heat for about 20 minutes with the lid on until the noodles are tender.
4. Top your pasta with shredded cheese and breadcrumbs and let that melt.
5. We should have a few hamburger buns leftover, so we can make some simple garlic bread in the toaster oven or regular oven.
6. Serve with simple side salad of lettuce, tomato, and shredded cheese with your choice of dressing.

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!