

Family Meal Plan

for a week under \$100

@lowdoughfamily

(Serves 4)	BREAKFAST	LUNCH	DINNER
Day 1	Blueberry Pancake Muffins	Cucumber Dill Chicken Salad w/ Carrot Sticks	Butter Baked Chicken with Garden Pasta & Roasted Carrots
Day 2	Cheerios cereal with Bananas	Dinner Leftovers	Cowboy Turkey & Potato Casserole w/ Sweet Peas
Day 3	Bacon, Scrambled Eggs, & Toast	Egg Salad with Crackers & Carrots	Italian Chicken with Rice & Spinach
Day 4	Blueberry Pancake Muffins	Dinner Leftovers	"Crab" Cakes with Bacon Broccoli Pasta Salad & Cheesy Parmesan Bread
Day 5	French Toast with Berries & Syrup	Dinner Leftovers	Santa Fe Chicken with Taco Rice
Day 6	Greek Yogurt with Berries & Toast	Spinach Salad with Crab, Cucumbers & Tomatoes	Loaded Potato Soup with Bacon & Cheese
Day 7	Leftovers	Leftovers	Leftovers

Snacks: Crackers, Carrot Sticks, Cheerios, Bananas, Hard Boiled Eggs, Cinnamon Sugar Toast, Berries & Yogurt

Sweet Treat: Cinnamon Coffee Cake

Groceries Needed:

Dairy:

Vanilla Greek Yogurt (32oz)
Eggs (18 ct)
milk (gallon)
Butter (1lb)
Parmesan Cheese (6oz)
Milk (gallon)
Sour Cream (16oz)
Cheddar Cheese (16oz)

Produce:

Spinach (10oz bag)
Carrots (2lb bag)
Strawberries (1lb)
Bananas (x 4)
Blueberries (18oz)
Broccoli (1 head)
Roma Tomato (x 5)
cucumber (x1)
Onion (x2)
garlic (1 head)
limes (x2)
Potatoes (5lbs)

Meat:

Ground turkey (1lb)
Bacon (16 oz)
Chicken Breasts (5lbs)
Imitation Crab Meat (1lb)
Pantry:
French Bread Loaf
Toasted Oat Cereal (12oz)
Pancake Syrup (24oz)
Pancake Mix (32oz)
Chicken Breast (5oz can)
Chick Peas (15.5oz can)

Pantry Continued:

Sweet Peas (15oz can)
Black Beans (15oz can)
Corn (15oz can)
Garden Rotini Pasta (16oz)
Mayonnaise (15oz)
Sandwich Bread (20oz)
Dry Dill (spice)
Rice (1lb bag)
Italian Dressing (8oz)
Chicken Broth (14.5oz can)
Saltine Crackers (16oz)
Taco Seasoning

SHOPPING LIST

PRODUCE

- Spinach (10oz bag)
- Carrots (2lb bag)
- Strawberries (1lb)
- Bananas (x 4)
- Blueberries (18oz)
- Broccoli (1 head)
- Roma Tomato (x 5)
- cucumber (x1)
- Onion (x2)
- garlic (1 head)
- limes (x2)
- Potatoes (5lbs)

Total:
\$92.64

prices from Walmart in
Hartford, CT area

MEAT DEPT

- Ground turkey (1lb)
- Bacon (16 oz)
- Chicken Breasts (5lbs)
- Imitation Crab Meat (1lb)

DAIRY

- Vanilla Greek Yogurt (32oz)
- Eggs (18 ct)
- milk (gallon)
- Butter (1lb)
- Parmesan Cheese (6oz)
- Milk (gallon)
- Sour Cream (16oz)
- Cheddar Cheese (16oz)

PANTRY

- French Bread Loaf
- Toasted Oat Cereal (12oz)
- Pancake Syrup (24oz)
- Pancake Mix (32oz)
- Chicken Breast (5oz can)
- Chick Peas (15.5oz can)
- Sweet Peas (15oz can)
- Black Beans (15oz can)
- Corn (15oz can)
- Garden Rotini Pasta (16oz)
- Mayonnaise (15oz)
- Sandwich Bread (20oz)
- Dry Dill (spice)
- Rice (1lb bag)
- Italian Dressing (8oz)
- Chicken Broth (14.5oz can)
- Saltine Crackers (16oz)
- Taco Seasoning

This is assuming you already have: oil, basic seasonings, cinnamon, and brown sugar

Day 1

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Blueberry Pancake Muffins

Need: 2 cups pancake mix,

2/3 cup of milk, 2 eggs,

1/2 cup pancake syrup

1/2 cup blueberries

Blueberry Pancake Muffins

Cucumber Dill Chicken Salad w/ Carrot Sticks

Butter Baked Chicken with Garden Pasta & Roasted Carrots

1. Mix together my pancake mix, milk, eggs, and syrup until well mixed and very little clumps. Then I fold in the blueberries at the end.

2. Add these to a greased muffin tin and bake for 12–15 minutes in a 350 degree oven.

This makes about 12–18 regular sized muffins and about 36 mini muffins.

Butter Baked Chicken

Need:

3–4 carrots

oil & seasonings

3 chicken breasts

1 stick of butter

6 cloves of garlic

(minced)

favorite herb seasoning

1/2 box of pasta

1. First, we will clean and peel our carrots. Next I like to cut them on an angle into about 1/4 inch rounds. I drizzle these with oil and my favorite seasonings like dry dill, oregano, onion powder, etc. Place these on a greased baking sheet and put in a 375 degree oven.

2. Depending on the size of your chicken breasts, you may want to cut them in half long ways. This will help reduce cooking time. I sprinkle both sides of the chicken with salt and pepper and place in a glass casserole dish. (just make sure it has at least 2 inch sides)

3. In a small sauce pan, I add my stick of butter cut into chunks and let that melt. Once melted, I add in my minced garlic and let cook for 2–3 minutes. (use low–medium heat so don't burn the garlic.)

4. Now we will pour our melted garlic butter over our chicken in the pan. I like to sprinkle my favorite herb seasoning blend on top, and then bake for about 25 minutes until done.

5. After this goes in the oven, I will boil my pasta until tender and drain.

6. Once the chicken is done, remove it from the butter and set aside. I then pour my cooked pasta into the butter and stir until fully coated. I like to slice my chicken and serve it on top of the pasta with the roasted carrots on the side!

Cucumber Dill Chicken Salad

Need: 1 can of chicken breast,

1/2 cucumber chopped,

1/2 cup mayo, dry dill, salt & pepper

1. First, drain and rinse your canned chicken to remove any metal taste.

2. In a small bowl, combine chicken, diced cucumber, mayo, and seasonings. I do this with a fork to help break up the chicken better.

3. You can serve this as a sandwich or as a dip with crackers.

Day 2

Cheerios cereal with Bananas

Dinner Leftovers

Cowboy Turkey & Potato Casserole w/ Sweet Peas

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Cinnamon Coffee Cake

Need for cake: 2 1/2 cups of pancake mix

1/3 cup of brown sugar, 3/4 cup of milk

1 egg, 1/2 cup vanilla Greek yogurt

For Topping: 2 tbsp melted butter, 1/4 cup pancake mix, 1/4 cup of brown sugar, 1/2 tsp cinnamon,

1. In a medium bowl, mix together the pancake mix with the sugar. Then add in milk, egg, and yogurt. Mix until just combined.
2. Spread the mixture evenly in an 8x8 greased pan. Set this aside.
3. In a new bowl, mix together with a fork melted butter, 1/4 cup pancake mix, brown sugar and cinnamon. This will be very crumbly!
4. Sprinkle this topping over our cake batter as evenly as possible. Then bake in 375 degree oven for 20–25 minutes. A toothpick should come out clean to let you know that it is done.
5. Let the cake cool for a little bit, and then slice and serve with pancake syrup, sliced berries, or even whipped cream.

Berries for Cake: this is an additional step if you want to do it, but it is not required. Slice your strawberries and blueberries, then sprinkle with sugar and let sit in the fridge. This makes a super yummy sauce for drizzling over the cake!

Greek Yogurt

I know that not everyone likes it and that is totally fine, you can easily switch this out for regular vanilla yogurt and the coffee cake recipes comes out fine. I'm just trying to show as many ingredients as possible to show the variety that you can have.

Cowboy Casserole

Need:

1lb ground turkey

optional seasonings: 1/4 cup of BBQ sauce, A1, or steak sauce (anything in your fridge)

1/2 cup of crushed crackers

1/2 onion (small dice)

1 egg

4 potatoes (large dice)

1/4 pack (4oz) cooked bacon (chopped)

1 cup of shredded cheddar cheese

1. In a medium bowl, combine ground turkey, seasonings, crackers, onion, and egg. Mix well to form a meatloaf and then place in a grease casserole dish and spread all over. Bake in 375 degree oven for about 20–25 minutes until turkey is fully cooked.
2. Meanwhile on the stove, boil your large diced potatoes in water until softened. We will drain this and then make some basic mashed potatoes. Add whatever seasoning you like, I typically add garlic, onion powder, salt, and pepper. Set this aside.
3. Once turkey meatloaf is fully cooked, I like to drain any grease, and then start adding my mashed potatoes on top. We will then sprinkle our chopped bacon and shredded cheese on top of the mashed potatoes. Bake another 10–15 minutes to melt cheese, then serve with canned sweet peas.

Day 3

Bacon, Scrambled Eggs, & Toast
Egg Salad with Crackers & Carrots
Italian Chicken with Rice & Spinach

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Egg Salad need: 4 hard boiled eggs, mayo, salt & pepper

1. I start by placing 4 eggs in a saucepan and cover with water. Heat the pan until boiling, and then put lid on and turn off heat. Allow eggs to sit for at least 10–15 minutes, and then drain hot water and place eggs in ice water.
2. Peel your eggs and mash with a fork. Add your mayo, seasoning, and any additional items like relish/pickles/mustard/etc.
3. Serve as a sandwich or with crackers and some carrot sticks!

Bacon:

I would cook all the bacon at one time, so that way it can be used easily for the 4 different dishes. We will be buying 16oz of bacon so each dish will use about 1/4 of the total bacon but you can adjust as needed.

Meals using Bacon: Cowboy Casserole, Bacon & Eggs
Breakfast, Bacon Broccoli Pasta Salad, & Loaded Potato Soup!

Italian Chicken with Rice & Spinach

Need:

2 Chicken Breasts
1/2 onion (small dice)
2 cloves garlic (minced)
1–2 carrots (shredded)
1 handful of fresh spinach
2 Roma Tomatoes (diced)
15 oz can of chickpeas
(drained and rinsed)
1 cup of white rice
about 2 cups of water
favorite Italian seasonings
1/3 cup of parmesan cheese

1. I like to cut my 2 chicken breasts into small bite sized chunks so they cook faster. I will cook these in oil on medium–high heat (in a large pan with high sides) until fully done and no longer pink.
2. Next, we will add in our onion and garlic and keep cooking until tender (about 5–6 minutes).
3. Then we will add in shredded carrots, diced Roma tomatoes, and fresh spinach. Keep stirring until spinach is fully wilted (about 5–6 minutes).
4. Now we add in uncooked rice and rinsed & drained chickpeas. Stir to combine and then add just enough water to fully cover everything. Depending on your pan, this will typically be about 2 cups of water maybe a little less. (Don't drown it, we just want everything covered.) * If it takes more than 2 cups of water to cover, this may take longer to cook off the excess liquid*
5. Turn your heat up for the water to start boiling, and then reduce to low/medium heat and cover. Let this simmer for about 20–25 minutes until rice is tender.
6. Once rice is tender, you can add additional seasonings like an Italian blend, oregano, rosemary, etc. Top with Parmesan cheese and serve!

Day 4

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Bacon Broccoli Pasta Salad

Need:

1/2 box pasta

1 head of broccoli

4 oz Italian dressing

1/4 of pack (4oz) bacon
(chopped)

optional: raisins, sunflower
seeds, dried cranberries, etc

Blueberry Pancake Muffins

Dinner Leftovers

“Crab” Cakes with Bacon Broccoli Pasta Salad &
Cheesy Parmesan Bread

1. We will start by boiling our pasta until tender, draining pasta, and putting in ice water to cool down quickly.
2. If you don't have bacon already cooked, go ahead and fry bacon and then once cooled, chop this up. We also go ahead and cut the broccoli florets off the head and chop into bite sized pieces. (If raw broccoli does not agree with you, you can blanch/boil it with the pasta!)
3. Once the pasta is cooled, mix the pasta & broccoli in Italian dressing. This usually takes 1/2 a cup but depending on the size of the broccoli you may want to add more. Top with chopped bacon, and then refrigerate. This salad does taste better the longer it sits, so make this the night before or as early as possible.

“Crab” Cakes

Need:

juice of 1 lime (about 2 tbsp)

1 egg

3 tbsp mayo

1/2 cup crushed crackers

1/2 pack (8oz) imitation crab
meat

1. Whisk together lime juice, egg, and mayo until well combined.
2. Gently fold in crab meat until fully coated. If you are too rough with the crab meat it will all fall apart into crumbles and it is better in larger chunks.
3. Gradually add in crushed crackers until you are able to form 4–6 patties that don't fall apart. This takes a little practice, but you have to find the balance of well combined and too dry.
4. In butter or oil over medium heat, cook patties until golden brown. This is usually about 5–6 minutes on each side.

Cheesy Parmesan Bread

We will be using part of the French bread loaf, so depending on size I usually do 4 slices about 1/4 inch thick. Spread butter over each slice and top with parmesan cheese. You can also add minced garlic or any other seasonings you like. Since we are not using the oven tonight for dinner, I would pop these in the toaster oven until melty!

Day 5

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French Toast with Berries & Syrup

Spinach Salad with Crab, Cucumbers & Tomatoes

Santa Fe Chicken with Taco Rice

French Toast: We will be using the rest of our loaf of French bread cut into 1/4 inch slices. Depending on the loaf of bread, I typically start with 3 eggs, 1/2 cup of milk, 1 tsp of cinnamon and whisk that all together. Soak each piece of bread into egg mixture and fry in a pan until golden brown. Serve with berries and pancake syrup.

Spinach Salad: We will make a simple salad using the rest of the fresh spinach, 1/2 pack of imitation crab meat, juice of one lime, 2 diced roma tomatoes, 1/2 cucumber chopped, rest of parmesan cheese and Italian dressing.

Sante Fe Chicken

Need:

2 tbsp butter

1 cup of rice

1 pack of taco seasoning

2 cups of water

3 chicken breasts

1/2 onion (chopped)

1 Roma tomato (diced)

15.5 oz can of black beans (rinsed & drained)

15 oz can of corn

1/2 cup of shredded

cheddar cheese

1. We will start by melting 2 tbsp of butter in a saucepan. Add your rice and 1/4 of the pack of taco seasoning. Stir this well to make sure rice is coated. Add in 2 cups of water and bring to a boil. Then reduce heat and let simmer until rice is tender. This typically takes about 20 minutes.
2. While the rice is cooking, we will work on our chicken. Depending on the size of the chicken, I typically cut them in half long wise so they cook faster. You can also cut your chicken in bite size chunks if you prefer.
3. I season the chicken breasts with salt, pepper, and the rest of the taco seasoning. Cook the chicken in a large pan with a little oil, until fully cooked and no longer pink.
4. Remove the chicken from the pan and set aside. Next add your onion to the hot pan and cook about 4-5 minutes until softened.
5. Now we will add in our diced roma tomato, black beans, and corn. Once these are all nice and hot, add your chicken back to the pan and sprinkle with your shredded cheese. I put the lid back on to melt the cheese evenly!
6. Serve your chicken with a side of taco seasoned rice.

**You can add so much to this if you want. We sometimes add green chiles, jalapenos, top with avocado, serve with sour cream on top, top with crushed tortilla chips. Lot of options!!!

Day 6

Greek Yogurt with Berries & Toast

Dinner Leftovers

Loaded Potato Soup with Bacon & Cheese

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Load Potato Soup

Need:

1/4 pack (4oz) bacon

1/2 onion chopped

4 cloves of garlic

4-6 potatoes

favorite seasonings

14.5oz can of chicken broth

2-3 cups of water

1/2 cup of sour cream

1 cup of shredded cheddar cheese

1. In a large pot, I start by cooking my bacon and onions. (If bacon is already cooked, then start with onions once tender, add chopped bacon.)
2. Next, we add garlic to the pan and let cook another 3-4 minutes.
3. We want our potatoes to be bite sized so chop your 4-6 potatoes (depending on size) and add them to the pan. Add your favorite seasonings at this point. I usually go with a garlic and herb blend.
4. Add your cup of chicken broth and about 2-3 cups of water. Let this boil and then simmer for about 30 minutes until potatoes are falling apart.
5. Using a slotted spoon, remove about 1 cup of cooked potatoes and mash with a fork. Add these back to your pot and stir well. This will thicken your soup, if you want it thicker, you can always mash more of the potatoes.
6. Stir in 1/2 cup of sour cream. (This will thicken the soup as well).
7. You can stir your cheese into the whole pot of soup, but I think it loses the cheesy flavor so I prefer to top each bowl of soup with cheese for maximum cheesy flavor.
8. Serve with crackers, toasted bread, or even a grilled cheese sandwich if you like!

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!