

# Family Meal Plan for a week under \$100

(Serves 4)

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	BREAKFAST	LUNCH	DINNER
Day 1	Peanut Butter Toast with Bananas	Tuna Salad Sandwiches	Baked Whole Chicken with Rice and Sautéed Carrots
Day 2	Overnight Oats with Apples and Raisins	Dinner Leftovers	Turkey Tacos with Corn & Refried Beans
Day 3	Cheesy Scrambled Eggs with Toast & Pineapple	Salad Wraps	Chicken Alfredo Pasta with Side Salad
Day 4	Overnight Oats with Apples and Raisins	Veggie & Pepperoni Pasta Salad	Pork Loin with Mashed Potatoes & Corn
Day 5	Peanut Butter Toast with Bananas	Dinner Leftovers	Mexican Baked Potatoes with Side Salad
Day 6	Cheesy Scrambled Eggs with Toast & Pineapple	Tuna Salad Sandwiches	Hawaiian Pizza
Day 7	Leftovers	Leftovers	Leftovers

Snacks: Carrots with Italian Dressing, Apples with Peanut Butter, Popcorn

Sweet Treat: Oatmeal Raisin Cookies

## Groceries Needed:

Meat  
 Pepperoni (6oz)  
 Whole Chicken (5-5.5lbs)  
 Ground Turkey (1lb)  
 Pork Loin (1.25lbs)  
 Mixed Vegetables (12oz bag)  
 Broccoli (12oz bag)

Produce  
 8 bananas  
 3lb Bag of Apples  
 1 head of Lettuce  
 5lb bag of Potatoes  
 1.9lb bag of tomatoes  
 cucumber  
 2lb bag Carrots

Dairy  
 12ct Eggs  
 Gallon of Milk  
 Cheddar Cheese (16oz block)  
 Mozzarella Cheese (8oz block)  
 Sour Cream (8oz tub)

Pantry  
 Sandwich Bread (20oz)  
 Peanut Butter (16oz)  
 Quick Oats (18oz)  
 Raisins (6ct mini boxes)  
 2 cans of Tuna  
 Pasta (any style 16oz)  
 Italian Dressing (16oz)  
 Flour Tortillas (10 ct)  
 Microwave Popcorn (3ct box)

Pantry Cont.  
 White Rice (1lb bag)  
 Alfredo Sauce (22oz jar)  
 Canned Corn (15oz can)  
 Refried Beans (16oz can)  
 Salsa (16oz jar)  
 Pineapple Tidbits (20oz can)  
 5lb bag All Purpose Flour  
 Dry Active Yeast (3 pack)  
 Brown Sugar (2lb bag)

# SHOPPING LIST

## PRODUCE

- 8 bananas
- 3lb Bag of Apples
- 1 head of Lettuce
- 5lb bag of Potatoes
- 1.9lb bag of tomatoes
- cucumber
- 2lb bag Carrots

## FROZEN

- Mixed Vegetables (12oz bag)
- Broccoli (12oz bag)

## MEAT DEPT

- Pepperoni (6oz)
- Whole Chicken (5-5.5lbs)
- Ground Turkey (1lb)
- Pork Loin (1-1.25lbs)

## DAIRY

- 12ct Eggs
- Gallon of Milk
- Cheddar Cheese (16oz block)
- Mozzarella Cheese (8oz block)
- Sour Cream (8oz tub)

## PANTRY

- Sandwich Bread (20oz)
- Peanut Butter (16oz)
- Quick Oats (18oz)
- Raisins (6ct mini boxes)
- 2 cans of Tuna
- Pasta (any style 16oz)
- Italian Dressing (16oz)
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- Refried Beans (16oz can)
- Salsa (16oz jar)
- Pineapple Tidbits (20oz can)
- 5lb bag All Purpose Flour
- Dry Active Yeast (3 pack)
- Brown Sugar (2lb bag)

**Total:**  
**\$81.39**

prices from Walmart in  
Seattle, WA area

This is assuming you already have: oil, basic seasonings, mayonnaise, & white sugar

# Peanut Butter Toast with Bananas

Day 1

## Tuna Salad Sandwiches

## Baked Whole Chicken with Rice and Sautéed Carrots

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### Tuna Salad

Since we will have tuna salad twice this week, I will leave it up to you if you want to make one big batch or two smaller batches. For my tuna salad, I like to go basic with drained & rinsed canned tuna, salt & pepper, mayonnaise, and chopped pickles or relish. You can add whatever you like to yours!

### Baked Chicken

Need:

1 whole chicken

oil or butter

favorite seasoning

3-4 carrots

seasoning

1 cup white rice

2 cups water

1. This is my super simple Baked Chicken method that I usually do on a Sunday afternoon! I like to start with a glass casserole dish and I place my whole chicken breast side up. I will use oil or butter and run the whole outside, then sprinkle my favorite seasonings on it. Since we will use this meat for a few meals, I usually go simple with garlic powder & onion powder, a basic herb blend, poultry seasoning, or even just salt and pepper!
2. We will bake this in a 350 degree for about 2 hours. I like to check it about every 30 minutes and baste with a spoon the chicken juices or water if needed. You can also do this in the crockpot for 6-8 hours but I would add 1 cup of water or chicken broth to keep it from drying out in the crockpot.
3. For the carrots, I like to clean and peel them, then chop them on an angle. I usually go for about 1/2 inch pieces. Drizzle the carrots with oil and your favorite seasoning. I love dill, garlic, or even ranch seasoning on carrots! We will put these in the oven for the last 30 minutes of the chicken cooking.
4. Once the carrots are in the oven, we will make some basic white rice. I like to use the ratio of 1 cup dry rice to 2 cups of water. I bring everything to a boil, place the lid on, and then let simmer for about 20 minutes.
5. Serve your chicken with carrots and rice. (After dinner, go ahead and save yourself time by pulling as much meat as possible off the bone for later. Plus, I think it is easier to do when the chicken is still warm!)

Prep Ahead: Tomorrow we will have overnight oats and it needs some cooked apples. Depending on the size of the apples, I usually chop 2-3 of them up in a large dice. I like to cook them in a little butter and use whatever sweetener I have on hand. I have made this with white sugar, brown sugar, and even pancake syrup. You can also add cinnamon, nutmeg, vanilla, etc. There are so many options here. We just want to end up with super simple cooked apples.

# Day 2

Overnight Oats with Apples and Raisins

Dinner Leftovers

Turkey Tacos with Corn & Refried Beans

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## Overnight Oats

Need: 2-3 cooked apples,

2 cups of milk, 2 cups of oatmeal, raisins

1. Overnight oats are very simple, but you do need to assemble them the night before. You can make individual servings or just make up one large batch in a tupperware container.
2. For individual, each cup will start with 1/2 cup oatmeal, a scoop of apples, a scoop of raisins, and then 1/2 a cup of milk.
3. I like to put my fruit on the bottom, top with the oatmeal, then slowly pour my milk in. Once all the milk is in, put the lid on and give it a nice shake. Store this in the fridge over night.
4. In the morning, you can eat this oatmeal cold or you can heat it up in the microwave. I usually do 30 seconds, then stir, and another 15 seconds.
5. You can also add cinnamon, vanilla, nutmeg, or any other seasonings you like.

Taco Seasoning: this is a super easy way to make taco seasoning at home if you already have a lot of spices. (If you don't have a lot of spices, just buy a pack for \$0.47)

1 tbsp chili powder 1/4 tsp onion powder

1 1/2 tsp ground cumin 1/4 tsp red pepper flakes

1 tsp salt 1 tsp black pepper

1/2 tsp paprika 1/4 tsp dried oregano

1/4 tsp garlic powder

\*you can skip the red pepper flakes if you want!\*

Mix all ingredients together and this makes the same as one pack.

## Turkey Tacos

Need:

1lb ground turkey

1 pack of taco seasoning or homemade tortillas

lettuce

tomato

shredded cheddar cheese

sour cream

salsa

1 can of refried beans

1 can of corn

1. This is a super simple meal tonight, so we just need to brown our ground turkey. Once cooked, we will drain the grease and add our taco seasoning.
  2. I like to go ahead and chop our whole head of lettuce, and dice up tomatoes for tonight and for other meals. (Chop once, and use it all week!)
  3. Let everyone assemble their tacos how they want, and serve with canned corn and refried beans.
- We will be using up all the leftover taco meat, so make sure to store that in it's own container for later on!

# Day 3

Cheesy Scrambled Eggs with Toast & Pineapple

Salad Wraps

Chicken Alfredo Pasta with Side Salad

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Salad Wraps– For lunch, we will make some simple salad wraps using already cut lettuce, shredded cheese, diced tomato & cucumber, and some pulled chicken. Wrap this up in a tortilla and use either italian dressing or any salad dressings you already have!

## Chicken Alfredo

Need:

Leftover pulled chicken  
1 box of dry pasta (any shape will work)  
3/4 jar of Alfredo Sauce  
12oz bag of frozen broccoli  
chopped lettuce  
diced tomato & cucumber  
shredded cheese  
salad dressing

1. Our chicken is already cooked, so really all we need to do is chop it into bite sized pieces.
2. We will boil our water and cook 1 box of dry pasta until tender. We will only use 1/2 the pasta for tonight's dinner, and we will save the other half for the pasta salad.
3. I like the microwave steam in a bag broccoli, and that typically just takes a few minutes.
4. Once the pasta is tender and drained, I will put half in a ice bath for pasta salad and the other half I add back to the pot. Then we will add 3/4 of our jar of Alfredo, our steamed broccoli, the chopped chicken, and any seasonings you like.
5. Serve the pasta with a simple side salad & dressing.

## Oatmeal Raisin

### Cookies

Need:

2 bananas  
1 cup of oatmeal  
1/2 cup of raisins

1. In a bowl, we will start by smashing our bananas. (If they aren't fully ripe microwave for 30 seconds, smash, microwave for 30 seconds, smash until easily mashable!)
2. Next, we add in our oats and raisins and stir to combine.
3. Using a spoon or your hands, form balls for the cookies. Place balls on greased baking sheet or one with parchment paper.
4. Bake for 10–15 minutes in a 350 degree oven. (Less time for more chewy cookies)
5. This makes about 8–10 cookies depending on size.

\*\*\*\*\*You can add cinnamon, brown sugar, vanilla, or switch out the raisins for chocolate chips/dried cranberries, etc. This basic recipe is so simple and customizable!\*\*\*\*\*

# Day 4

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Overnight Oats with Apples and Raisins

Veggie & Pepperoni Pasta Salad

Pork Loin with Mashed Potatoes & Corn

## Veggie & Pepperoni

### Pasta Salad

Need:

1 bag of frozen mixed  
veggies

1/2 pack of pepperoni

Italian Dressing

1/2 box pasta (already  
cooked)

Italian Dressing

1. We will start by microwaving our frozen veggies in the bag per package directions, then set this aside to cool.

2. Next, I like to cut my pepperoni in half or quarters.

3. In a bowl, I combine the cooked pasta, veggies, and pepperoni then add my Italian Dressing. I start with about 1/2 cup of dressing and add more as needed. (We don't want to drown it but we want a nice coat on our pasta.)

4. Put pasta salad in the fridge overnight, so it is ready for lunches!

\*Since last night's dinner is pretty easy, I would go ahead and fully make the pasta salad and the oatmeal raisin cookies while I was making dinner, or afterwards\*

## Pork Loin

Need:

1 pork loin (1.25lbs)

4-5 potatoes

butter, sour cream, milk

Leftover Canned Corn

1. Our pork loin is already marinated, so we have lots of options. We can grill this, put in a crock pot for 3-5 hours, or bake in the oven for about 45 minutes depending on the size.

2. If you want to do this in the crockpot, go ahead and add your potatoes cut in half or quarters to the bottom with a little water and butter. When it is dinner time, remove the cooked pork loin, and mash your potatoes in the crock pot with all the juices.

3. We will serve this with some easy mashed potatoes. Start by washing and chopping your potatoes. Boil until tender, then mash them with a fork or hand mixer. I typically add a little butter, milk, or sour cream and then mix in some seasonings.

4. We typically have leftover corn from Taco night, so we will use that up tonight.

# Day 5

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Peanut Butter Toast with Bananas

Dinner Leftovers

Mexican Baked Potatoes with Side Salad

## Mexican Baked Potatoes

Need:

4-5 baked potatoes

leftover taco meat

leftover refried beans

shredded cheddar cheese

sour cream

salsa

Lettuce

diced tomatoes

diced cucumbers

salad dressing

1. I love baked potatoes, and they are super quick to make in the microwave. We start by washing the potatoes and use a fork to poke holes on all sides. Place on microwave safe plate and heat for 3 minutes. Flip the potatoes, and heat for another 3 minutes. I keep repeating this until the potatoes are nice and soft.
2. We are going to go ahead and use up all the leftover taco meat and refried beans, then let everyone choose their toppings.
3. We will also be using up all our salad supplies tonight to make sure we use all the lettuce, tomato, and cucumbers up!

## Easy Snack Options this week:

Apple Slices with Peanut Butter

Microwave Popcorn

Carrots with Italian Dressing (or any other dressing already at home)

Peanut Butter sandwiches

Cinnamon Toast

Pepperoni Slices & Cheese

Oatmeal with Brown Sugar

Hard Boiled Eggs

## Don't want to cook a whole chicken this week?

Consider buying a rotisserie chicken already cooked for \$5.97 (on sale) compared to the \$8.16 for a raw chicken.

Keep in mind that the rotisserie chicken typically weighs 2.5lbs cooked and a raw chicken typically weighs 5.5lbs.

Even after cooking, you would typically have more meat buying the whole chicken, because rotisserie chickens are actually smaller in size.

# Day 6

Cheesy Scrambled Eggs with Toast & Pineapple  
Tuna Salad Sandwiches

Hawaiian Pizza

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## Hawaiian Pizza

### Need:

1 pack of yeast

3/4 cup of hot water

1.5 tsp of sugar

2 cups of flour

3/4 tsp salt

1–2 tbsp of your favorite seasonings like ranch powder,

garlic powder, onion powder,

oregano, or an Italian

### Blend

2 tbsp oil

1/4 jar of Alfredo Sauce  
shredded mozzarella  
cheese

Leftover Pork Loin

Leftover Pineapple

1/3 pack of pepperoni

1. I use a stand mixer to make my dough, if you don't have one with a dough hook you can buy a very simple dough mix that just needs water & oil for \$0.72.
2. I start by adding hot water, yeast, and sugar to the bottom of my stand mixer. I let this start to activate while I measure my other ingredients.
3. In a medium size bowl, measure out flour, salt, and seasonings. Once we see our yeast bubbling and can smell it, then we will add in our flour mix to the mixing bowl. I like to start very slow, so I don't end up with a flour cloud.
4. Once this is starting to combine, I give the dough a little pinch and if still sticky add 1–2 tbsp of flour. Once my dough ball forms, I add it back to my flour bowl and spray with some pan spray. Cover this with plastic wrap and let sit for at least 30 minutes. (The longer it sits the more it will proof and get airy.)
5. After your dough has risen, get out your baking sheet and spray with pan spray. I like to get a flour on my fingers, then spread my dough out with my fingers.
6. Top the dough with your alfredo sauce, shredded mozzarella cheese, chopped pork loin, pepperoni, and pineapple.
7. Bake this in 400 degree oven for about 15–20 minutes.

## 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!