

# Family Meal Plan for a week under \$100

(Serves 4)

@lowdoughfamily

	BREAKFAST	LUNCH	DINNER
Day 1	Egg & Sausage Pizza w/ Banana	Hot Dogs with Tortilla Chips	Chicken Taquitos with Guac Rice & Carrots
Day 2	Cottage Cheese & Pineapple w/ English Muffin	Tuna & White Bean Salad	Potato & Corn Chowder w/ Garlic Bread
Day 3	Corn Fritters with Clementines	Dinner Leftovers	Chicken Margherita Pasta with Green Beans
Day 4	Scrambled Egg & Sausage with Toast	Dinner Leftovers	Fish Sticks with Sweet Potatoes & Zucchini
Day 5	Corn Fritters with Clementines	Hot Dogs with Tortilla Chips	BBQ Chicken Bowls with Pineapple Slaw
Day 6	English Muffin with Peanut Butter & Banana	Fish Stick Tacos with Coleslaw	Guac Mac & Cheese with Asparagus
Day 7	Leftovers	Leftovers	Leftovers

Snacks: Tortilla Chips & Guac Salsa, Clementines, Peanut Butter & Bananas, Cinnamon Toast,

Sweet Treat: Peanut Butter Brownies

## Groceries Needed:

### Meat:

BLSL Chicken Thighs  
(3lb bag-Frozen)  
Fish Sticks (44count/  
24.7oz - Frozen)  
Ground Sausage (1lb)  
Hot Dogs (8ct)  
Chorizo (9oz)

### Frozen:

Frozen Carrots (12oz)  
Frozen Corn (12oz)

### Produce:

Asparagus (1 bunch)  
Bananas (x6)  
Clementines (3lb bag)  
Zucchini (x1)  
Cole Slaw Mix (16oz)  
Yellow Onion (x1)  
Jalapeno (2-3)  
Lime (x2)  
Sweet Potatoes (2lbs)  
Garlic (1 head)  
Roma Tomato (x4)  
Avocado (x1)

### Dairy:

Cottage Cheese  
(16oz)  
Mozzarella (8oz)  
Eggs (12ct)  
Milk (gallon)  
Cream Cheese (8oz)  
Butter (1lb)  
Cheddar Cheese (16  
oz)  
Parmesan Cheese  
(6oz)  
Sour Cream (8oz)

### Pantry:

English Muffins (6ct)  
Hot Dog Buns (8ct)  
Brownie Mix (18.3oz)  
Flour (2lb bag)  
Peanut Butter (16oz)  
BBQ sauce  
Green Beans (14.5oz can)  
Pizza Crust Mix  
Flour Tortillas (20ct)  
Italian Dressing (8oz)  
Cannellini Beans (15.5oz  
can)

### Pantry Continued:

Elbow Macaroni (16oz)  
Rotini Pasta (16oz)  
Chicken Bouillon Cubes  
Instant Mashed Potatoes  
(9oz box)  
Crushed Pineapple (20oz)  
Salsa (16oz jar)  
Tuna (5oz can)  
Tortilla Chips  
Guacamole Salsa  
White Rice (1lb)  
French Bread Loaf

# SHOPPING LIST

## PRODUCE

- Asparagus (1 bunch)
- Bananas (x6)
- Clementines (3lb bag)
- Zucchini (x1)
- Cole Slaw Mix (16oz)
- Yellow Onion (x1)
- Jalapeno (2-3)
- Lime (x2)
- Sweet Potatoes (2lbs)
- Garlic (1 head)
- Roma Tomato (x4)
- Avocado (x1)

## MEAT DEPT

- BLSL Chicken Thighs (3lb bag-Frozen)
- Fish Sticks (44count/24.7oz - Frozen)
- Ground Sausage (1lb)
- Hot Dogs (8ct)
- Chorizo (9oz)

## FROZEN

- Frozen Carrots (12oz)
- Frozen Corn (12oz)

## PANTRY

- English Muffins (6ct)
- Hot Dog Buns (8ct)
- Brownie Mix (18.3oz)
- Flour (2lb bag)
- Peanut Butter (16oz)
- BBQ sauce
- Green Beans (14.5oz can)
- Pizza Crust Mix
- Flour Tortillas (20ct)
- Italian Dressing (8oz)
- Cannellini Beans (15.5oz can)
- Elbow Macaroni (16oz)
- Rotini Pasta (16oz)
- Bouillon Cubes
- Instant Mashed Potatoes (9oz box)
- Crushed Pineapple (20oz)
- Salsa (16oz jar)
- Tuna (5oz can)
- Tortilla Chips
- Guacamole Salsa
- White Rice (1lb)
- French Bread Loaf

## DAIRY

- Cottage Cheese (16oz)
- Mozzarella (8oz)
- Eggs (12ct)
- Milk (gallon)
- Cream Cheese (8oz)
- Butter (1lb)
- Cheddar Cheese (16 oz)
- Parmesan Cheese (6oz)
- Sour Cream (8oz)

**Total:**  
**\$89.92**

prices from  
Super Walmart in  
Alexandria, VA

This is assuming you already have: cooking oil (veggie, canola, olive oil, etc) and your favorite seasonings

# Day 1

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Egg & Sausage Pizza w/ Banana

Hot Dogs with Tortilla Chips

Chicken Taquitos with Guac Rice & Carrots

## Egg & Sausage Pizza

Need: 1lb ground sausage (only uses half), pizza crust mix, hot water, oil, 3 eggs, 1 cup of mozzarella cheese,

1. In a pan, we will go ahead and cook up 1lb of ground sausage, but we only need 1/2 for this meal. Save the other half in a container in the fridge.
2. While that is browning, mix your pizza crust according to directions. This usually will need to "rest" for at least 5 minutes.
3. In a small pan, scramble 3 eggs until done and set aside.
4. Once dough has rested, use fingers to spread dough onto a cookie sheet or circular pan. Spread a little oil on top of the dough.
5. Top with cooked sausage, eggs, and shredded mozzarella cheese. Bake in 400 degree oven

## Peanut Butter Brownies:

Need: brownie mix, 2 eggs, 1/4 cup of water, 2/3 cup of oil, 1/2 cup of peanut butter,

1. Mix together mix, eggs, water, and oil until well blended. Then pour in greased 8x8 or 13x9 pan.
2. In a microwave safe bowl or measuring cup, heat peanut butter in the microwave for about 20 seconds, stir, and repeat until peanut butter is melted. Stir into brownie mix. Bake in 350 degree oven per directions based on size.

## Chicken Taquitos w/ Guac Rice & Carrots

Need:

- 1 cup white rice
- 2 cups water
- 1/4 cup guac salsa
- 2-3 chicken thighs
- 1/2 cup regular salsa
- 1/2 cup shredded cheddar cheese
- 6 flour tortillas
- 1 bag frozen carrots
- 1 avocado

1. Chop chicken thighs into small pieces, and saute in pan with a little oil. Once fully cooked, set aside to let cool.
2. In a saucepan, cook 1 cup of rice with 2 cups water.
3. To make taquitos, we will shred our chicken thighs and combine with 1/2 cup regular salsa, & 1/2 cup of cheese.
4. In same pan that you cooked the chicken, warm up each tortilla. We want them to be nice and flexible, not crunchy.
5. Spread your chicken mixture between 6 taquitos and roll tightly. We like to use the air fryer or toaster oven to crisp up the taquitos, but you can also bake in the oven for 10 minutes, turn, bake another 10 minutes.
6. Once rice is done, mix in 1/4 cup of guac salsa and any additional seasonings.
7. Steam Carrots in the bag per directions in the microwave.

# Day 2

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Cottage Cheese & Pineapple w/ English Muffin

Tuna & White Bean Salad

Potato & Corn Chowder w/ Garlic Bread

## Potato & Corn Chowder

Need:

2 cups water

3 tbsp butter

3/4 cup of milk

2 cups of instant potatoes

2 tbsp butter

2 cloves of garlic (minced)

2 tbsp of flour

1-2 chicken bouillon cubes

3 cups of hot water

1 1/2 cups of milk

1 bag of frozen corn (use half)

1 cup of parmesan cheese

1. Prepare mashed potatoes per directions (using water, butter, milk, instant potatoes) and set aside.
2. In a large soup pan, melt 2 tbsp butter, and saute minced garlic for a few minutes. Add your flour and stir well for about 2 minutes.
3. Dissolve your bouillon cubes in hot water, and then slowly add to the butter & flour mixture. Keep stirring, and slowly add in your milk.
4. Steam your whole bag of corn in the microwave per directions. We will only use half, so save the other half for another dish.
5. Add your cooked mashed potatoes and corn to the chowder, and stir well. You can any seasonings you like at this point. I like to add dried rosemary, thyme, or a garlic herb blend.
6. Once the chowder is nice and hot, you can add in your parmesan cheese or wait and serve that on top.
7. For the garlic bread, we will take a few slices of the French bread. Spread butter and a little minced garlic, then toast for 5-6 minutes in a toaster oven, air fryer, or oven.

\*You can add cooked shredded chicken to this dish or leave it meatless!\*

## Cottage Cheese & Pineapple

We will need pineapple for another dish, so only use 1/2 the 20oz can of crushed pineapple. Serve with toasted English muffin with butter/margarine, jelly, or peanut butter.

### Prep Ahead:

Go ahead and pre-cook all your chicken thighs in the oven all at once. You can keep them whole, drizzle with oil, and add basic seasonings like salt, pepper, and garlic powder. This way each night that needs chicken, you can just chop the chicken to the desired size!

## Tuna White Bean Salad

Need: 1 can of tuna, 1 can of white beans, Italian Dressing, 2 diced Roma tomatoes

1. Drain and rinse both the tuna and the white beans, then mix with tomatoes and Italian dressing to taste.
2. Store salad in the refrigerator at least one hour. Tastes even better over night!
3. Serve with slices of French Bread and a clementine.

# Day 3

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## Corn Fritters with Clementines

### Dinner Leftovers

### Chicken Margherita Pasta with Green Beans

#### Corn Fritters

Need: 1 cup of corn,

3 oz cream cheese

(softened)

1-2 tbsp finely chopped

onion

4 eggs

1/4 cup of milk

1/2 cup of cheddar

cheese

1. In a bowl, you want to combine corn, cream cheese, and onion. Then place a spoon full of the mixture at the bottom of 8-10 greased muffin cups/ muffin pan.
2. In the same bowl, whisk together eggs and milk. Add your favorite seasonings to the eggs at this time.
3. Pour the egg mixture over the corn mixture in the muffin tins.
4. Bake in 350 degree oven for about 20 minutes. (Egg should be firm and no longer runny- similar to a quiche)
5. Once you remove from oven, top with cheese and let sit for about 5 minutes.

#### Chicken Margherita Pasta

Need:

Rotini Pasta (1lb)

2 tbsp butter

2 tbsp oil

2 tbsp diced onion

4 cloves garlic (minced)

2 Roma tomatoes diced

1/4 cup flour

1 1/2 cups water (hot)

1 chicken bouillon cube

1 1/2 cups of milk

1/2 cup parmassen  
cheese

1/2 cup mozzarella  
cheese

3 oz cream cheese

2 cooked chicken thighs  
chopped

1. Boil pasta until tender and drain. Save 1 cup of pasta water for later.
2. In large skillet, melt butter with oil, and saute onion and half the tomatoes for a few minutes. Add in garlic and sprinkle the flour over the onions. Stir well for about 2 minutes.
3. Turn heat to low, and slowly stir in hot water, 1 bouillon cube, and milk. Turn heat to medium high and simmer for 1-2 minutes. This is the point, I add my favorite Italian seasonings like dried oregano, parsley flakes, marjoram, thyme, rosemary, basil, etc. or use an Italian Blend.
4. Reduce heat to low, and stir in parmesan cheese, mozzarella cheese, and cream cheese.
5. Once smooth, add in the rest of your diced tomatoes and chopped/shredded chicken thighs. Use the pasta water to thin out the sauce to the right consistency.
6. Serve the pasta with green beans and a slice of bread if you want!

# Day 4

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Scrambled Egg & Sausage with Toast

Dinner Leftovers

Fish Sticks with Sweet Potatoes & Zucchini

## Scrambled Egg & Sausage

Today we will use the other half of our cooked ground sausage. I like to start with my sausage in a pan to warm it up, then I like to make scrambled eggs using 3 eggs and a splash of milk. Cook until done and serve with Toast!

## Fish Sticks with Sweet Potatoes & Zucchini

Need:

1 box fish sticks, 2 sweet potatoes, 1 zucchini, oil, and favorite seasonings

1. Wash and peel sweet potatoes, then cut into 1 inch pieces. Wash and chop zucchini into 1/4 inch thick half moon shapes. Drizzle with oil and your favorite seasonings.
2. Place veggies on a sheet pan, and bake in oven. Check half way through and flip.
3. The fish sticks have the directions of 425 degree oven for 18–22 minutes, so I would bake the veggies and the fish sticks at the same temperature and about the same time. Flipping around the 10–12 minute mark.

### Homemade Tartar Sauce (optional):

Mayo, chopped dill pickles, lime juice (1/2 a lime), salt, pepper, sugar, dill or parsley flakes, finely chopped onion.

Depending on if you like your tartar sauce sweet or more tangy, you can shift these ingredients around. Add more or not at all. I usually just start adding items to my bowl and taste as I go. This is totally up to you!

Snack Ideas– Tortillas chips with traditional salsa or Guacamole Salsa, Clementines, Peanut Butter & Bananas (freeze banana slices and add a little peanut butter, then freeze again– can also cover in chocolate if you have it!), hard boiled eggs (can also do deviled eggs or egg salad), Cinnamon Toast (bread, butter, cinnamon, sugar).

\*Don't forget to check your pantry for snacks like microwave popcorn, crackers, etc.\*

# Day 5

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Corn Fritters with Clementines

Hot Dogs with Tortilla Chips

BBQ Chicken Bowls with Pineapple Slaw

## Corn Fritters

To reheat the corn fritters, just wrap in a paper towel and microwave for 15 seconds. They taste just like fresh baked, and sometimes I add just a little bit of butter on top too!

### BBQ Chicken Bowls w/ Pineapple Slaw

Need:

3-4 chicken thighs

BBQ Sauce

2 tbsp butter

1 cup of white rice

2 cups water

1/2 bag of coleslaw  
mix

1/2 can of pineapple  
(about a cup or so)

1 diced jalapeno  
(diced)

1 lime (juiced)

2 tbsp oil

1. If your chicken thighs are not cooked yet, you will want to place them on a sheet pan, brush them with BBQ sauce, and bake in 425 degree for about 25 minutes or until fully cooked.
2. If your chicken is already cooked, you will want to just warm it up with some BBQ sauce in the microwave. I like to shred the chicken while it is cold, add in BBQ sauce, then microwave for 20 seconds. Stir this and do another 20 seconds until chicken is hot. Set aside while we work on the other parts.
3. On the stove, you melt 2 tbsp butter in a saucepan. Add your white rice and stir for a minute. Slowly add your 2 cups of water and bring to a boil. Once boiling, drop to medium-low heat, cover, and let cook for 20 minutes. (You can add some pineapple juice to your water for more flavor, but make sure your total liquid is 2 cups.)
4. While rice and chicken are cooking, we will make our pineapple slaw. Start by mixing together 1/2 bag of coleslaw mix, 1/2 can of crushed pineapple, diced jalapeno, juice of 1 lime, 2 tbsp oil, and your favorite seasonings like salt, pepper, etc. \*you can leave out the jalapeno if you like\*
5. Once the chicken is fully cooked and cooled a little, I use a fork to shred it.
6. To assemble bowls, start with the cooked rice at the bottom, top with slaw, shredded chicken, and additional BBQ sauce if needed.

# Day 6

English Muffin with Peanut Butter & Banana

Fish Stick Tacos with Coleslaw

Guac Mac & Cheese with Asparagus

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Fish Stick Tacos– We will make an easy coleslaw using half a bag of coleslaw mix, mayo, sugar, and vinegar or lime juice. Reheat your fish sticks in the air fryer or toaster oven. Using flour tortillas, add a few fish sticks and top with coleslaw. Super simple but super yummy!

## Guac Mac & Cheese

Need:

Macaroni Noodles (1lb)

chorizo (9–12oz)

2 tbsp butter

1/2 tbsp flour

2 cups of milk

2 cups shredded  
cheddar

1/2 cup of guac salsa

chorizo (9–12oz)

1 jalapeno (chopped)

\*optional\*

1. Boil water and cook macaroni noodles until tender. Drain and set aside.
2. Cook chorizo in a skillet until fully cooked and drain excess grease. Set aside.
3. Melt butter in a saucepan, stir in flour and let cook for a minute or so. Slowly stir in milk with a whisk and keep stirring for about 3 minutes. Liquid should come to a boil and start to thicken.
4. Gently mix in shredded cheese until fully melted and sauce is creamy.
5. Now we will add our cooked chorizo and Guac Salsa to our sauce, and stir until well combined.
6. I like to put my cooked macaroni noodles at the bottom of a baking dish and pour the sauce over the top. Using a spatula to stir it until pasta is fully coated.
7. On a greased sheet pan, lay out your trimmed asparagus and season with a little oil, salt, pepper, and any seasonings you like.
8. We will put the asparagus sheet and the mac and cheese in a 350 degree oven for about 20–25 minutes. I like to flip the asparagus about midway through. You may need to pull asparagus early if it is really thin. Top your Mac & Cheese with chopped jalapenos if you like them, if you don't skip that part!

## 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!