

Family Meal Plan for a week under \$100

(Serves 4)

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	BREAKFAST	LUNCH	DINNER
Day 1	Raspberry Cream Cheese Danish	Bean and Cheese Wraps with Apple Slices	Crispy Onion Chicken with Green Beans & Rice
Day 2	Scrambled Egg & Cheese Wraps with Bananas	Grilled Turkey and Cheese Sandwiches with Apple Slices	Parmesan Pork with Asparagus & Baked Sweet Potatoes
Day 3	Vanilla Yogurt with Berries & Toast	Creamy Chicken & Cheese Quesadillas	Chicken Bacon Ramen Carbonara
Day 4	Bacon Bird's Nest with Strawberries	Dinner Leftovers	Zucchini & Pierogies Bake
Day 5	Sweet Potato & Apple Skillet with Fried Eggs	Dinner Leftovers	Slow Cooker Teriyaki Pork and Veggie Rice Bowl
Day 6	Vanilla Yogurt with Fruit & Toast	Dinner Leftovers	Tuscan Chicken Orzo Pasta
Day 7	Leftovers	Leftovers	Leftovers

Snacks: Apples, Popcorn, Berries, Yogurt, Turkey Roll-ups, Cheese Quesadillas, Bananas

Sweet Treat: Frosted Pineapple Cookies

Groceries Needed:

Produce:

Raspberries (6oz)
Strawberries (1lb)
Sweet potatoes (3lbs)
Asparagus (1 bunch)
Roma Tomatoes (x2)
Green Pepper (x1)
Onion (x1)
Apples (3lb bag)
Bananas (x4)
Zucchini (x1)

Meat:

Chicken Breasts (5.5lb/6-8 breasts)
Pork Loin (Boneless about 4.4lbs)
Turkey Lunchmeat (1lb)
Bacon (1lb)

Frozen:

Frozen Peas (12oz bag)
Frozen Stir Fry veggies (20oz bag)
Frozen Tuscan Broccoli (9oz bag)
Frozen Pierogies (16oz)

Dairy:

Cream cheese (8oz)
Crescent Rolls (8ct)
Cheddar Cheese (16oz)
Parmesan Cheese (6oz)
Eggs (18ct)
Milk (half gallon)
Vanilla Yogurt (32oz)
American Cheese (16oz)
Mozzarella Cheese (8oz)

Pantry:

Refried Beans (16oz can)
Flour Tortillas (20ct)
White Rice (1lb)
Chicken flavored Ramen Noodles (x3)
Fried Onions
Green Beans (14.5oz can)
Sandwich Bread (20oz)
Pineapple Cake Mix
Vanilla Frosting (10oz)

Pantry Continued:

Ramen Noodles (3 packs-chicken flavor)
Teriyaki Sauce
Orzo Pasta (16oz)
Microwave Popcorn (3ct)
Hashbrown Potatoes (dehydrated)
Chickpeas (15.5oz can)
Tomato sauce (8oz)
Italian Diced Tomatoes (14.5oz)

SHOPPING LIST

PRODUCE

- Raspberries (6oz)
- Strawberries (1lb)
- Sweet potatoes (3lbs)
- Asparagus (1 bunch)
- Roma Tomatoes (x2)
- Green Pepper (x1)
- Onion (x1)
- Apples (3lb bag)
- Bananas (x4)
- Zucchini (x1)

FROZEN

- Frozen Peas (12oz bag)
- Frozen Stir Fry (20oz bag)
- Frozen Tuscan Broccoli (9oz)
- Frozen Pierogies (16oz)

MEAT DEPT

- Chicken Breasts (5.5lb/6-8 breasts)
- Pork Loin (Boneless about 4.4lbs)
- Turkey Lunchmeat (1lb)
- Bacon (1lb)

DAIRY

- Cream cheese (8oz)
- Crescent Rolls (8ct)
- Cheddar Cheese (16oz)
- Parmesan Cheese (6oz)
- Eggs (18ct)
- Milk (half gallon)
- Vanilla Yogurt (32oz)
- American Cheese (16oz)
- Mozzarella Cheese (8oz)

PANTRY

- Refried Beans (16oz can)
- Flour Tortillas (20ct)
- White Rice (1lb)
- Chicken flavored Ramen
- Noodles (x3)
- Fried Onions
- Green Beans (14.5oz can)
- Sandwich Bread (20oz)
- Pineapple Cake Mix
- Vanilla Frosting (10oz)
- Ramen Noodles (3 packs-chicken flavor)
- Teriyaki Sauce
- Orzo Pasta (16oz)
- Microwave Popcorn (3ct)
- Hashbrown Potatoes (dehydrated)
- Chickpeas (15.5oz can)
- Tomato sauce (8oz)
- Italian Diced Tomatoes (14.5oz)

This is assuming you already have:

cooking oil (veggie, canola, olive oil, etc), your favorite seasonings, white sugar, vanilla, butter/margarine, flour

Total:
\$97.13

prices from
Super Walmart in
Austin, Texas

Day 1

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Raspberry Cream Cheese Danish

Bean and Cheese Wraps with Apple Slices

Crispy Onion Chicken with Green Beans & Rice

Raspberry Danish

Need: 4oz cream cheese, vanilla extract, 1/2 cup of raspberries,
1/4 cup of sugar, 1 roll of crescent dough,

1. In a small bowl, use a fork to combine softened cream cheese, vanilla extract, sugar, and raspberries. (I smash the raspberries to break them up)
2. Unroll your crescent dough, and use a spoon to divide the mixture into the 8 triangles.
3. Roll each crescent roll up tightly and arrange on baking sheet. Bake in 375 degree oven for about 9-12 minutes until golden brown.

Prep Ahead

Since the oven is already on, go ahead and bake all your chicken breasts for the week! This will save time for meals later in the week.

Bean & Cheese Wraps

Need: refried beans, seasoning, shredded cheese, tortilla chips

1. In a microwave safe bowl, mixture your refried beans and favorite seasonings. Microwave for 45 seconds to a minute.
2. Spread beans on tortillas, top with shredded cheddar cheese and roll up.
3. You can also do this as pinwheels or more burrito style.

Crispy Onion Chicken

Need:

1tbsp butter
1 cup of rice & 2 cups water
1 seasoning packet from Chicken flavored Ramens
2-3 chicken breasts
favorite seasonings
1/2 tbsp flour & 2 tbsp water
fried onions
2 tbsp butter & 1 can green beans

1. In a small saucepan, melt butter and then add white rice. Stir this for a minute, add in seasoning packet and water. Bring to a boil, then reduce heat and cook for 20 minutes with the lid on.
2. If your chicken breasts are large, go ahead and cut them in half longways. (This will help them cook faster). Season your chicken with your favorite seasonings and place on a greased baking sheet.
3. In a small bowl, whisk together 1/2 tbsp flour and 2 tbsp of water. Brush or spoon this onto the top of your chicken to act as glue for the fried onions. I top each chicken with a good amount of onions and press down on them to stick.
4. Bake in 400 degree oven for about 20 minutes or until 165 degree temperature. (Thickness of chicken will vary cooking times)
5. In a small pan, melt butter and saute green beans. Add your favorite seasoning like garlic, onion powder, etc.
6. Serve your chicken with a side of rice and green beans!

Day 2

Scrambled Egg & Cheese Wraps with Bananas

Grilled Turkey and Cheese Sandwiches with Apple Slices

Parmesan Pork with Asparagus & Baked Sweet Potatoes

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Parmesan Pork

Need:

Pork Loin
1/2 cup of parmesan
cheese
2 tbsp flour
salt & pepper/seasonings

Sweet Potatoes (3lbs)
Asparagus (1 bunch)

1. We are getting a large pork loin this week, so we will slice 6–8 very thin pork chops off the larger piece for this meal. We want about 1/4 inch thick slices and will use about half of the whole roast.
2. Wrap the remaining roast in plastic wrap for later on!
3. In a small cup combine parmesan cheese, flour, salt & pepper, and seasonings. Dredge your thin pork chops in the mixture and set aside.
4. Clean & Poke your sweet potatoes, then place on microwave safe plate. We will microwave for 3 minutes, turn them, then microwave 3 minutes again until soft.
5. Heat oil or butter in large skillet, then add your pork chops. We will cook about 3 minutes on each side until golden brown and fully cooked. (145 degrees internal temp)
6. Remove pork chops from pan, and then saute your trimmed asparagus. (I usually trim the hard end and then cut the asparagus in half if it is too long for my pan. You can also just chop the asparagus up into 1–2 inch pieces.) I cook these until they become tender and use a garlic herb blend. (use whatever seasonings you like!)
7. Serve your parmesan pork chops with a baked sweet potato, and asparagus on the side! *Save leftover sweet potatoes for upcoming breakfast!*

Scrambled Egg Wrap—Whisk together 3 eggs and a splash a milk. Cook on stove for scrambled eggs. Divide eggs between 4 tortillas, top with cheese and roll into wraps!

Grilled Turkey & Cheese

We do a simple combo of turkey and cheese sandwiches, but instead of putting butter on the outside of the bread, we put these in the George Foreman grill. You can also use an Air Fryer or toaster oven. Less greasy & more crunch! Serve with sliced apples.

Pineapple Cookies

Need: 1 pineapple cake mix, 1/2 cup veggie oil,
2 eggs, vanilla or cream cheese frosting

1. In medium bowl, stir together cake mix, oil, and eggs. Dough will be stiff, so create small 1 inch balls for cookies.
2. Place on parchment paper on baking sheet, bake in 350 degree oven for 6–10 minutes.
3. Once cooled, frost with your choice of frosting!
4. You can add sprinkles, coconut flakes, etc if you have them!

Day 3

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Vanilla Yogurt with Berries & Toast

Creamy Chicken & Cheese Quesadillas

Chicken Bacon Ramen Carbonara

Yogurt & Berries

I take small bowls and portion out vanilla yogurt, then top with cleaned and sliced strawberries, rinsed raspberries, and even banana slices. Serve with butter toast on the side.

Creamy Chicken Quesadillas

Need: leftover chicken, 4 oz cream cheese, shredded cheese, and flour tortillas

Mix the leftover chicken and the cream cheese together with seasonings, then divide between 4 tortillas. Top with shredded cheese and fold the tortilla over. We then fry in a pan with oil until crispy! You can also do these on a flat top, panini press, or toaster oven.

Chicken Bacon Carbonara

Ramen

Need:

2-3 chicken breasts

bacon (1lb)

3 packs of ramen noodles
(no seasoning packets)

1 bag of frozen peas

3 eggs

1/2 cup parmesan
cheese

salt & pepper

favorite seasonings

1. If your chicken breasts are raw, then you will want to cut them up into 1 inch bite sized chunks. You will also want to cut your bacon into small chunks.
2. Boil water for your ramen. (save your seasoning packets for later, we won't be using them for this dish.) Once noodles are tender, drain the liquid, but save about a cup of the water for the sauce.
3. In a large skillet, put all your chopped bacon in and cook. Remember to keep stirring so it doesn't burn. Once the bacon is fully cooked, remove half the bacon for a later dish. Look at the bacon grease that is left. You want to keep about 2-3 tbsp for flavoring.
4. Place frozen peas in microwave and steam per directions on bag.
5. Add your raw chicken to the pan and cook until done. (if you chicken is fully cooked, just chop it up and add to the pan to warm up.)
6. Once chicken and bacon is fully cooked, add your drained noodles and steamed peas to the skillet and stir well to combine everything.
7. In a small bowl whisk together 3 eggs and parmesan cheese, then pour this over your noodle mixture in the pan. Stir this well until eggs thicken in to a sauce.
8. The sauce will be very thick, so slowly add pasta water to the skillet until the sauce thins out. (Keep in mind the noodles will keep absorbing the liquid, so it will thicken the longer it sits.)
9. Season the pasta with your favorite seasonings. We did lots of garlic and black pepper! You can sprinkle extra cheese on top if you like!

Day 4

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Bacon Bird's Nest with Strawberries

Dinner Leftovers

Zucchini & Pierogies Bake

Bacon Bird's Nest

Need: Hashbrown Potatoes, 4 eggs, cooked bacon, 1 cup shredded cheddar cheese, 1/2 cup shredded mozzarella cheese

1. We are using dehydrated potatoes, so per the instructions we will fill the carton with hot water and let sit for 12 minutes then drain the excess water. (If you are using frozen you will need to defrost them first)
2. Divide the hashbrowns over 8-12 greased muffin cups (can use 16-24 minis if you want) Top each of the hashbrowns with cheese and cooked bacon.
3. Now in a small bowl, whisk your eggs with a splash of milk or water until light yellow, then pour over the hashbrowns.
4. Bake in 400 degree oven for 18-20 minutes until firm and gold brown.
Let cool 5 minutes before eating!

Zucchini & Pierogies Bake

Need:

1 zucchini
8oz can of tomato sauce,
14.5oz can of diced Italian tomatoes
1 box of frozen pierogies
1 cup shredded mozzarella cheese
Italian Seasoning

1. Wash and cut zucchini into 1/4 inch thick discs.
2. In a small bowl, combine tomato sauce and diced tomatoes.
3. In a greased casserole dish, pour about 1/2 of the sauce to cover the bottom. Then lay out your pierogies and zucchini in alternating rows and cover with the remaining sauce.
4. Top everything with your mozzarella cheese and add some Italian seasonings on top. (We use a spice blend, but you can also use oregano, basil, garlic, onion powder, etc.)
5. Bake in 375 degree oven for 25-30 minutes.

***You can leave this as a meatless meal, or you can easily add in browned ground beef/turkey/chicken/sausage. There are also tons of other veggies you can add to this dish. We occasionally serve this with a salad, but really all it needs is some garlic bread!

Day 5

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Sweet Potato & Apple Skillet with Fried Eggs

Dinner Leftovers

Slow Cooker Teriyaki Pork and Veggie Rice Bowl

Sweet Potato & Apple Skillet

Chop leftover baked sweet potatoes and 1–2 apples into a medium size dice. Fry potatoes and apples in a skillet with a little oil until golden brown. Remove from pan, and fry 3–4 eggs to serve on top of the potatoes & apples.

Slow Cooker Teriyaki

Pork

Need:

1/2 pork loin roast

teriyaki sauce

1 cup rice

2 cups water

1 bag of frozen stir
fry veggies

1. We will be using the other half of our boneless pork loin. I like to poke the roast with a fork all over and then place it in the crockpot. Pour teriyaki sauce over the pork. (I use probably 1 cup).
2. Cook on low for 8–10 hour or on high for 4–5 hours until pork is tender and falling apart.
3. On the stove, boil rice and water, then turn down to a simmer and cover for 20 minutes.
4. You can add the frozen stirfry veggies to the crockpot to warm up for the last 20 minutes, or steam in the microwave.
5. I use 2 forks to shred the pork, then serve the pork and veggies over rice.

Snack Ideas:

Popcorn– try new flavors by using spices you already have at home. We like popcorn with ranch seasoning, a little cinnamon & powdered sugar, and everything bagel seasonings! (Did you know you can make your own microwave popcorn with a brown paper bag and popcorn kernels? So much cheaper over time!)

Apples– Dip them in peanut butter/Nutella/yogurt, cook them with some brown sugar on the stove, make applesauce, try apple chips or dehydrated apple chunks in the air fryer!

Tortillas– make homemade chips, quesadillas, pinwheel sandwiches, peanut butter & banana wraps.

Cooked Rice– make cheesy rice balls, rice pudding, rice & bean dip, rice crackers

Day 6

Vanilla Yogurt with Fruit & Toast

Dinner Leftovers

Tuscan Chicken Orzo Pasta

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Tuscan Chicken Orzo

Pasta

Need:

1lb orzo pasta

2 Chicken Breasts

1 bag of frozen

Tuscan flavored
broccoli

2 Roma Tomatoes

1 onion

1 green pepper

15.5oz can of

Chickpeas

1. Boil water and cook orzo pasta for about 7 minutes or until tender. Drain and set aside.
2. If your chicken is not already cooked, you will want to cut your chicken breasts into small chunks, season with your favorite seasoning, and cook with oil in a skillet until done. If your chicken is already cooked, just dice into bite sized pieces about 1 inch big.
3. Microwave your broccoli per directions on the bag, then set aside to cool.
4. Next, we will prepare our veggies. I like to do a medium sized dice on the tomatoes, onion, and green pepper. Rinse and drain the can of chickpeas.
5. In a large bowl, add your cooked pasta with the steamed broccoli and stir well. Once the pasta is well coated with the Tuscan sauce, you can add in your cooked chicken, chickpeas, and veggies.
6. This pasta can be served right away as a warm dish or you can make it ahead of time and serve it cold like a pasta salad!

Depending on the brand of frozen broccoli, you may not have enough sauce for 1lb of pasta. I've tried a couple different brands and the amount of sauce is always different. You can add a couple items to the sauce if needed like 2-3 tbsp of lemon juice, Italian dressing, or a mixture of olive oil & vinegar.

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!