

Family Meal Plan for a week under \$100

(Serves 4)

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	BREAKFAST	LUNCH	DINNER
Day 1	Baked Apple Oatmeal Bars	Hummus with Carrots & Celery	Meatloaf with Mashed Potatoes & Carrots
Day 2	Egg, Cheese, & Bacon Burritos	Dinner Leftovers	Chicken Lo Mein with Broccoli
Day 3	Peanut Butter Toast with Banana Slices	Dinner Leftovers	Ham & Cheese Quiche with Homemade Rice-a-Roni
Day 4	Baked Apple Oatmeal Bars	Spinach Salads with Ham	Chicken and Dumplings
Day 5	Egg, Cheese, & Bacon Burritos	Dinner Leftovers	3 Meat Pizza with Spinach Salad
Day 6	Peanut Butter Toast with Banana Slices	Egg Salad Sandwiches	Chicken Quesadillas with Rice & Black Beans
Day 7	Leftovers	Leftovers	Leftovers

Snacks: Air Fryer Apple Chips, Carrots & Celery Sticks, Apple Slices
Cheese Quesadillas, Peanut Butter Sandwiches

Sweet Treat: Cinnamon Rolls

Groceries Needed:

Produce:

Bananas (x6)
Apples (3lbs)
Spinach (10oz bag)
Carrots (1lb bag)
Celery (1 bunch)
Potatoes (5lb bag)
Tomato (x1)
Cucumber (x1)

Meats:

Bacon (1lb)
Ground Beef (1lb)
Chicken Breasts (4-6 breasts/5lbs)
Ham (1lb)
Pepperoni (6oz bag)

Dry Goods/Pantry:

Flour Tortillas (20ct)
Sandwich Bread
Peanut Butter (16oz)
Oatmeal (18oz)
Brown Sugar (2lb)
Garbanzo Beans (16oz can)
Mayo (15oz)
Soy Sauce
Hoisin Sauce
Sesame Oil
Spaghetti Noodles (16oz)

Dry Goods/Pantry Cont.:

All Purpose Flour (2lb bag)
Chicken Boullion Cubes
Active Dry Yeast (3 pack) packets*
White Rice
Black Beans (16oz)
Powdered Sugar (1lb)
Cream of Chicken soup (10.5oz)
Tomato Sauce (8oz can)

Frozen Foods:

Frozen Broccoli (12oz bag)
Frozen Mixed Veggies
Pie Crust (2 pack)

Dairy:

Eggs (12ct)
Cheddar Cheese (16oz)
Mozzarella Cheese (8oz)
Milk (gallon)
Sour Cream (8oz)

SHOPPING LIST

PRODUCE

- Bananas (x6)
- Apples (3lbs)
- Spinach (10oz bag)
- Carrots (1lb bag)
- Celery (1 bunch)
- Potatoes (5lb bag)
- Tomato (x1)
- Cucumber (x1)

FROZEN

- Frozen Broccoli (12oz bag)
- Frozen Mixed Veggies
- Pie Crust (2 pack)

MEAT DEPT

- Bacon (1lb)
- Ground Beef (1lb)
- Chicken Breasts (5.5lbs)
- Ham (1lb)
- Pepperoni (6oz bag)

DAIRY

- Eggs (12ct)
- Cheddar Cheese (16oz)
- Mozzarella Cheese (8oz)
- Milk (gallon)
- Sour Cream (8oz)

PANTRY

- Flour Tortillas (20ct)
- Sandwich Bread
- Peanut Butter (16oz)
- Oatmeal (18oz)
- Brown Sugar (2lb)
- Garbanzo Beans (16oz can)
- Mayo (15oz)
- Soy Sauce
- Hoisin Sauce
- Sesame Oil
- Spaghetti Noodles (16oz)
- All Purpose Flour (2lb bag)
- Chicken Boullion Cubes
- Active Dry Yeast (3 pack packets*)
- White Rice
- Black Beans (16oz)
- Powdered Sugar (1lb)
- Cream of Chicken soup (10.5oz)
- Tomato Sauce (8oz can)

Total:
\$93.97

prices from Walmart in
Santa Clara, CA
area

This is assuming you already have: baking powder, white sugar, basic seasonings (like salt, cinnamon, etc), cooking oil (veggie, canola, olive oil, etc), and butter/margarine.

Day 1

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Baked Apple Oatmeal Bars

Hummus with Carrots & Celery

Meatloaf with Mashed Potatoes & Carrots

Baked Apple Oatmeal Bars:

Need: 2 apples, 2 cups oats, 1/2 cup brown sugar, 1 1/2 tsp baking powder, 1/2 tsp salt, 1 cup milk, 2 eggs, 2 tsp cooking oil, 1/2 tsp cinnamon, 1 tsp vanilla

1. Wash and dice your apples into nice bite sized chunks.
2. In a medium bowl, combine oats, brown sugar, baking powder, and salt. Mix until combined.
3. In a separate small bowl, whisk your milk & eggs with the oil, cinnamon and vanilla.
4. Add your apples and egg mixture to the bowl with the oats. Then stir to combine everything. I let this sit for a about an hour so the all the oatmeal can really oak up the liquid.
5. Pour this into a greased 8 x8 pan (or use parchment paper). Bake in 350 degree oven for 30 minutes.
6. Once cooled, cut into 16 bars and store in an airtight container.

Hummus:

Need: 1 can of chickpeas (rinsed & drained), oil, favorite seasonings.

I like to do this in a food processor, I start with my beans and about 1 tbsp of oil. Pulse until most of the beans are chopped. Add my favorite seasonings, and then while the processor is running, add a little oil at a time until completely smooth.

Go ahead and clean & chop all your celery & carrots so it ready to eat all week!

Meatloaf and Mashed Potatoes w/ Carrots

Need:

2 pieces of bread
1lb ground beef
favorite seasonings
1 egg
3-4 potatoes
water to boil
2-3 carrots

1. In a medium bowl, tear 2 pieces of bread into small chunks, then add in ground beef, your favorite seasonings, and 1 egg. Using your hands make sure this is combined well.
2. Next, we will form 6 mini meatloavers and place them on a greased sheet pan.
3. Bake these in the oven for about 20-30 minutes or until done. (Mini Meatloaf shapes cook much faster than one large meatloaf!)

You can add a ketchup sauce before you bake or a brown gravy at the end if you like!

4. While that is baking, go ahead and wash & chop potatoes. We will boil these in water until tender. Once cooked, drain water and add butter/milk/sour cream/etc plus your favorite seasonings to the mashed potatoes.

5. For the carrots, I like to saute these in a little oil with a seasoning blend in a small pan. You can also roast these on a sheet pan in the oven. (You will want to drizzle them with oil and seasoning, and bake for about 20 minutes, flipping them at the halfway mark.)

Day 2

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Egg, Cheese, & Bacon Burritos

Dinner Leftovers

Chicken Lo Mein with Broccoli

Egg, Cheese, & Bacon Burritos

Need: 3 eggs, shredded cheddar cheese, 3-4 pieces of cooked
bacon,
4 flour tortillas

1. In a small bowl, I whisk my eggs with a little milk then make scrambled eggs on the stove.
2. I roughly chop the bacon and pop my tortillas in the microwave for 15 seconds.
3. Split the eggs between the 4 tortillas, top with bacon and cheese!

Prep Ahead:

- Go ahead and pre-cook all your bacon at one time in the oven. I like to use a cookie sheet with aluminum foil down, then put a cooling rack on top. Lay the bacon on the rack and bake for about 20 minutes at 400 degrees.
- Go ahead and cook all your chicken breasts in the oven at one time for the whole week. Save yourself time, by drizzling all the chicken in cooking oil and basic seasonings like salt, pepper, and powdered garlic. Bake in 350 degree for about 40 minutes until done.

Chicken Lo Mein

Need:

2-3 chicken breasts
3/4 box of spaghetti
noodles

soy sauce
hoisin sauce
sesame oil
1 bag of frozen broccoli

1. Bring your water for the pasta to a boil, and cook 3/4 of a box of spaghetti until tender, then drain.
 2. While that is cooking, you cut your chicken into 1 inch chunks and saute it in a large pan with oil. (You can also use pre-cooked chicken, and skip this step.)
 3. Once chicken is fully cooked, you will make a sauce using 1 part soy sauce, 1 part hoisin sauce, and 1 part sesame oil. I do about 1/4 cup of each, but you may want to adjust this to your tastes. I also add in fresh garlic and any other seasonings like red pepper flakes.
 4. Pour the sauce over the chicken and let cook for a few minutes to thicken.
 5. Microwave your frozen broccoli, and then add to the pan with the chicken. Add your cooked pasta as well.
 6. Stir well to combine and serve in a bowl!
- You can also add any leftover vegetables or extras you have on hand like onions, bell peppers, etc.

Day 3

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Peanut Butter Toast with Banana Slices

Dinner Leftovers

Ham & Cheese Quiche with Homemade Rice-a-Roni

Cinnamon Rolls

Need: (Dough) 2 3/4 cup of flour, 1/4 cup of sugar, 1/2 tsp salt, 3/4 cup of milk, 3 tbsp butter, 1 pack of yeast, 1 egg.

(Filling) 3tbsp butter, 1/3 cup of brown sugar, 1 tbsp cinnamon

1. In a large bowl, mix flour, sugar, and salt...then set aside.
2. In a microwave safe bowl, combine milk and butter. Microwave for 30 seconds, stir, and repeat until butter is fully melted. We want it warm not boiling.
3. Add yeast pack to the milk and stir well. Let sit for a few minutes, and then add the milk mixture to the flour mixture.
4. I like to use a stand mixer & a paddle attachment, but you can form the dough with a wooden spoon if you like.
5. Dough should be smooth; you may need to add a little flour if it is too soft or sticky. Place dough ball in a greased bowl and let rise for about 10–15 minutes.
6. Roll dough out to about 8x14 inch rectangle. Spread softened butter on to the dough and sprinkle with brown sugar and cinnamon. Roll dough and slice it into 12–14 rolls.
7. Place on greased baking sheet and then cover with plastic wrap or a kitchen towel. Let rise for 60–90 minutes. This is where you will see them double/triple in size.
8. Bake in 375 degree oven for about 24–27 minutes until golden brown.
9. If you like icing you can combine 1 cup of powdered sugar, 4 tbsp of milk, and 1 tsp of vanilla. Whisk until smooth and then pour this on top of the warm cinnamon rolls!

Ham & Cheese Quiche

Need:

- | | |
|------------------------------------|------------------------------|
| 1 premade pie crust | favorite seasoning |
| 1/3 pack of ham | 5 eggs |
| 3/4 cup of shredded cheddar cheese | 2 tbsp butter |
| | 1/4 box of spaghetti noodles |
| | 1 cup of white rice |
| | 1–2 chicken boullion cubes |

1. Place chopped ham and shredded cheese at the bottom of the pie crust.
2. In small bowl, whisk 5 eggs, a splash of water, and your favorite seasonings. Once this turns light yellow, you can pour it over your ham & cheese.
3. Bake in 400 degree oven for about 30–40 minutes until golden brown. (Eggs will puff up and then fall down)
4. While that is baking, start by melting 2 tbsp of butter in a saucepan. Add 1/4 box of spaghetti noodles that you have broken up really small and 1 cup of rice. Stir this for about 1 minute, and then add 1–2 bouillon cubes and 2 cups of water.
5. Bring to a boil and then put lid on and simmer for 20 minutes.
6. Once quiche is done baking, let cool 5–10 minutes before cutting. Serve the quiche with rice on the side.

Day 4

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Baked Apple Oatmeal Bars

Spinach Salads with Ham

Chicken and Dumplings

Spinach Salads Need: 1/3 pack of ham, cucumber, tomato, dressing of choice

This is a super easy salad, and you can prep for tomorrow night's salad as well. Go ahead and dice up all your tomato and cucumber – store in separate containers. Go ahead and chop the rest of the pack of ham but only use 1/3 for today's lunch and the other 1/3 will go for pizza night!

Chicken & Dumplings

Need:

2 cooked chicken breasts

1 bag of frozen mixed
veggies

Cream of Chicken soup
favorite seasonings

1 cup of flour

2 tsp baking powder

1 tsp white sugar

1/2 tsp salt

1 tbsp butter

1/2 cup of milk

1. Chop your cooked chicken into small bites about 1/4 of inch thick. Mix this with the frozen veggies, 1 can of cream of chicken soup, and your favorite seasonings.
2. Place this in a greased casserole dish, and place in a 350 degree oven for 10 minutes.
3. While that is cooking, in a medium bowl, mix together flour, baking powder, sugar, and salt.
4. Cut in butter with a fork until it is little tiny pieces and crumbly. Then slowly mix in the milk until a batter forms.
5. Pull your casserole dish out of the oven, and use a spoon to make your dumplings. I make about 6–8 dumplings on the smaller side, so they cook faster. Place the dumplings on top of the chicken veggie mixture.
6. Put the casserole dish back in the oven for 30 minutes and bake until golden brown.

If you already have Bisquick or baking mix at home, you can totally use that for the dumpling part as well. We have even used the canned refrigerator biscuits if you already have them at home! This is just a cheap way to make them at home and save some money!

Day 5

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Egg, Cheese, & Bacon Burritos

Dinner Leftovers

3 Meat Pizza with Spinach Salad

Back- Up Lunches

In case you run out of leftovers, don't forget about a few items we probably still have like potatoes. Baked potatoes are so filling and a great items for lunch. We should also have some pepperoni, cheese, and bread...that could totally be an Italian Grilled Cheese!

3 Meat Pizza

Need:

3/4 cup warm water

1 pack of yeast

1 1/2 tsp sugar

2 cups of flour

3/4 tsp salt

2 tbsp oil

favorite seasonings

Tomato Sauce

Mozzarella Cheese

Pepperoni

Diced Ham

Chopped Bacon

1. I make pizza dough in a stand mixer with a dough hook, if you don't have one, you can easily buy a pizza dough mix for under \$1.00.
2. We will start by placing the yeast and sugar at the bottom of the bowl and add our warm water. Let this sit while we measure our flour & other ingredients.
3. Once the yeast is all bubbly and smells good, we will add our oil and then our flour/salt/seasonings mixture. (We like to use ranch seasoning but you can add garlic or an Italian blend.)
4. Start out slow, and then let mix until a dough ball forms. If dough is sticky, add a little bit more flour. Put dough ball into a greased ball and cover with plastic wrap. Let sit for at least 30 minutes to rise.
5. On a greased sheet pan, I use my fingers to spread the dough across the pan. Top with tomato sauce, shredded mozzarella cheese, pepperoni, diced ham, and chopped bacon.
6. Bake in 400 degree oven for 16-20 minutes, until golden brown and melty!
7. Serve pizza with a spinach salad of tomatoes/cucumbers/salad dressing.

Day 6

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Peanut Butter Toast with Banana Slices

Egg Salad Sandwiches

Chicken Quesadillas with Rice & Black Beans

Egg Salad Sandwiches– I usually make 3–4 hard boiled eggs, then chop them with a fork. Add mayonnaise, salt, pepper, garlic herb blend, etc. Then serve this on sandwich bread with spinach.

Chicken Quesadillas with Rice & Beans

Need:

leftover carrots &
celery

1 cup white rice

2 cups water

leftover tomato

sauce

1 can black beans

(drained & rinsed)

1–2 cooked chicken

breasts

cheddar cheese

flour tortillas

1. Start by chopping up any leftover celery and carrots. Saute this in oil in a saucepan. Once tender, you will add your rice and stir well. Add your 2 cups of water and bring to a boil.
2. Once boiling, drop it to a simmer and put the lid on. Let cook for 20 minutes.
3. After rice is fully cooked, you can stir in a few spoonfuls of tomato sauce and black beans.
4. For the quesadillas, we like to fill half the tortillas with chicken and cheese and a sprinkle of taco seasoning. Fold the tortilla over and then dry the quesadilla on a flat top, in oil in a pan, or in a George Foreman type grill.
5. We serve these with some sour cream for dipping.

This is a great dish to use up any leftovers like diced tomatoes, spinach, and any other veggies you have on hand!

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!