

# Family Meal Plan for a week under \$100

(Serves 4)

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	BREAKFAST	LUNCH	DINNER
Day 1	Crepes with Peaches	Chicken Macaroni Salad with Carrot Sticks	Broccoli Stir Fry with Rice and Ground Turkey Egg Rolls
Day 2	Bacon, Egg & Black Bean Quesadillas	Dinner Leftovers	Buffalo Chicken Pot Pie with Cheddar Biscuits & Green Beans
Day 3	Biscuits and Gravy with Apple Slices	BLT Baked Potatoes	Creamy Pesto Chicken & Rice Casserole
Day 4	Bacon, Egg & Black Bean Quesadillas	Dinner Leftovers	Kielbasa, Fried Cabbage, and Potatoes
Day 5	Pesto Eggs with Toast & Banana Slices	Loaded Mashed Potato Bowls	French Bread Taco Pizza with Corn
Day 6	Cinnamon Toast with Apple Slices	Dinner Leftovers	Chicken Bacon Ranch Pasta & Garlic Bread
Day 7	Leftovers	Leftovers	Leftovers

Snacks: Air Fryer Apple Chips, Carrots & Celery Sticks, Apple Slices  
Cheese Quesadillas, Cinnamon Banana Wraps

Sweet Treat: Peach Pie Egg Rolls

## Groceries Needed:

### Meat:

Kielbasa (14oz)  
Ground Turkey (1lb)  
Chicken Breasts (5.5lbs)

### Frozen:

Frozen Spinach (12oz bag)  
Frozen Peaches (16oz bag)  
Frozen Peas (12oz bag)  
Broccoli Stir Fry (20oz bag)

### Produce:

Apples (3lb bag)  
Bananas (x4)  
Tomato (x2)  
Leaf Lettuce (1 head)  
Celery (1 bunch)  
Carrots (1 lb)  
Potato (5lb)  
Coleslaw mix (16oz)  
Egg Roll Wrappers (20ct)

### Dairy:

Mozzarella (8oz)  
Cheddar (16oz x 2)  
Eggs (18ct) 4-2-3  
Milk (Gallon)  
Cream Cheese (2 pk- 8oz each)

### Pantry:

Tortillas (10ct)  
French Bread (14oz- sliced at bakery)  
Biscuit Mix (7oz bag)  
Country Gravy Mix (2.75oz)  
Green Beans (14.5oz can)  
Corn (15oz can)  
Taco Seasoning  
White Rice (1lb)  
Black Beans (15oz can)

### Pantry cont.

Refried Beans (16oz can)  
Elbow Noodles (16oz)  
Canned Chicken Breast (5oz)  
Hot Sauce (1.69oz)  
Real Bacon Pieaces (2.5oz bag)  
Pesto Sauce (6.7oz jar)  
Soy Sauce (15oz bottle)  
Ranch Seasoning (1oz pack)

# SHOPPING LIST

## PRODUCE

- Apples (3lb bag)
- Bananas (x4)
- Tomato (x2)
- Leaf Lettuce (1 head)
- Celery (1 bunch)
- Carrots (1 lb)
- Potato (5lb)
- Coleslaw mix (16oz)
- Egg Roll Wrappers (20ct)

## FROZEN

- Frozen Spinach (12oz bag)
- Frozen Peaches (16oz bag)
- Frozen Peas (12oz bag)
- Broccoli Stir Fry (20oz bag)

## MEAT DEPT

- Kielbasa (14oz)
- Ground Turkey (1lb)
- Chicken Breasts (5.5lbs)

## DAIRY

- Mozzarella (8oz)
- Cheddar (16oz x 2)
- Eggs (18ct)
- Milk (Gallon)
- Cream Cheese (2 pk- 8oz each)

## PANTRY

- Tortillas (10ct)
- French Bread (14oz- sliced at bakery)
- Biscuit Mix (7oz bag)
- Country Gravy Mix (2.75oz)
- Green Beans (14.5oz can)
- Corn (15oz can)
- Taco Seasoning
- White Rice (1lb)
- Black Beans (15oz can)
- Refried Beans (16oz can)
- Elbow Noodles (16oz)
- Canned Chicken Breast (5oz)
- Hot Sauce (1.69oz)
- Real Bacon Pieces (2.5oz bag)
- Pesto Sauce (6.7oz jar)
- Soy Sauce (15oz bottle)
- Ranch Seasoning (1oz pack)

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**Total:**  
**\$90.96**

prices from Walmart in  
Chicago, IL area

This is assuming you already have:  
mayo, seasonings, cooking oil,  
butter/margarine, & white or  
brown sugar

# Day 1

Crepes with Peaches

Chicken Macaroni Salad with Carrot Sticks

Broccoli Stir Fry with Rice and Ground Turkey Egg Rolls

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## Cream Cheese Crepes:

Need: 4 eggs, 4 oz cream cheese (softened)

Optional: vanilla extract, cinnamon

This is very similar to my banana pancakes, but this time we will put 4 eggs and half a block of softened cream cheese in a blender. Pulse this until it is nice and smooth and light yellow. In a pan, add some butter/oil and pour your batter in for a small very thin pancake. Cook about 2 minutes on one side, then about 1 minute on the other. Serve with defrosted peaches. I add just a little white or brown sugar and let them sit in the fridge overnight to defrost!

## Chicken Macaroni Salad:

Need: 5oz can of chicken, 1/2 box of pasta, 1/2 cup mayo,

2 hard boiled eggs, 1 cup frozen peas, seasonings.

We start by boiling our pasta and then putting in a ice bath to cool. While that cooks, go ahead and make 2 hard boiled eggs and steam your frozen peas. Once everything is ready, we will combine drained/rinsed chicken, cooked pasta, chopped egg, 1 cup peas, mayo, and our favorite seasonings. I place this in the fridge for a little while, and it tastes better the longer it sits!

Prep Ahead: Tonight is the perfect night to cook ahead! I would go ahead and cook all the chicken breasts for the week. First, cut the chicken breasts in half, then drizzle them with a little oil, salt and pepper. Place on a greased sheet pan or casserole dish. Bake in 350 degree oven for 40-45 minutes or until done.

## Broccoli Stir Fry & Eggs Rolls

Need:

Ground Turkey (1lb- we only use half)

1/2 bag coleslaw mix	1 cup white rice
1 carrot shredded	2 cups water
egg roll wrappers	20oz bag broccoli stir fry
oil to fry	soy sauce

1. Start by browning your ground turkey in a large pan. Drain any grease, and save 1/2 the ground turkey for later.
  2. Go ahead and start your white rice & water cooking at this point.
  3. Add in your coleslaw mix & carrots. You can add whatever seasonings you like for the egg rolls, I typically use salt, pepper, garlic powder, ground ginger, and onion powder.  
Cook till soft and set aside to cool.
  4. To assemble the egg rolls, place one wrapper down like a diamond, then put a spoonful of the turkey/cabbage mix in the middle. Fold over the left and right side, then roll closed. I wet the tip of the wrapper with my finger to seal the egg roll closed.
  5. This should make about 8-10 egg rolls. Once made, I heat my oil in a pan, and place my eggrolls seam side down. Once golden brown, I carefully flip and cook the other side.
  6. In the large pan, I then go ahead and cook my broccoli stir fry mix with a little oil and season with soy sauce.
  7. I like to serve this by placing my white rice down first, topping with broccoli stir fry and a few egg rolls on the side.
- \*Optional sweet & sour dipping sauce- in small saucepan, combine 1/4 cup brown sugar, 1/4 cup vinegar, 2tbsp ketchup, 1 tsp soy sauce, 2 tbsp water, 1 tsp cornstarch. Whisk well and heat over medium.

# Day 2

Bacon, Egg & Black Bean Quesadillas

Dinner Leftovers

Buffalo Chicken Pot Pie with Cheddar Biscuits & Green Beans

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## Bacon, Egg, Black Bean Quesadillas

Need: 3 eggs, 1/2 can of black beans, 2 tbspc bacon bits, 4 tortillas, shredded cheddar cheese

1. In a small bowl, I whisk my eggs with a little milk then make scrambled eggs on the stove. Once cooked, I will mix in my drained and rinsed black beans and bacon bits.
2. Divide the mixture between 4 tortillas, top with a little shredded cheddar cheese, and fold each tortilla in half. I fry the quesadillas in a pan until golden brown on each side.
3. Serve with sour cream for dipping!

## Peach Pie Egg Rolls

Need: 8oz frozen peaches, 1/2 cup white or brown sugar, cinnamon, egg roll wrappers

1. I like to defrost my peaches first and then give them a rough chop. In a small sauce pan, I add the peaches, sugar, cinnamon. Cook this for 5–6 minutes until it starts to smell like Peach Pie! Set aside to cool.
2. To assemble the egg rolls, you will place a wrapper in front of you like a diamond. Spoon cooled peaches in the middle, then fold over the left and right side. Roll this tight and seal with a little water.
3. Heat oil in a frying pan, and then place egg rolls seam side down. Cook for about 2–3 minutes until golden brown, and then flip and cook another 1–2 minutes.
4. You can serve these plain, with powdered sugar, pancake syrup, or whipped topping. They all taste so yummy!

## Buffalo Chicken Pot Pie

Need: 2 cooked chicken breasts 4oz (1/2 block) of cream cheese (softened)  
hot sauce or wing sauce 1.5 cup shredded cheddar cheese  
1 cup chopped celery  
1/2 cup of chopped carrots 1 cup of biscuit mix  
1 cup of water 1/2 cup of milk

1. In a small bowl, shred the cooked chicken with a fork and add hot sauce or wing sauce depending on how spicy you like it.
2. In a skillet, start with a little oil and cook your celery & carrots about 6–8 minutes until tender. (I add in some onion powder, garlic, and salt & pepper– you can use whatever seasonings you like!)
3. Stir in your shredded chicken, water, and cream cheese. Add in 1 cup of cheddar cheese and stir well until everything is melted and combined.
4. Pour the chicken mixture into a greased casserole dish and set aside.
5. In a small bowl, combine biscuit mix and milk with a fork. Divide the mix in half and use half to make 8 plain biscuits using a tablespoon to form. (these are for breakfast).
6. Mix the 1/2 cup of cheddar cheese in with the remaining biscuit dough, and form 8 biscuits. Place these cheesy biscuits on top of the chicken mixture.
7. Bake in 350 degree oven for 20–25 minutes until biscuits are golden brown. Serve with Green Beans on the side. (breakfast biscuits will probably only need 12–15 minutes)

# Day 3

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Biscuits and Gravy with Apple Slices

BLT Baked Potatoes

Creamy Pesto Chicken & Rice Casserole

Biscuits & Gravy– We baked our biscuits last night, so we will just pop these in the microwave for 20 seconds to warm them up. In a small sauce pan, make your gravy mix per directions. (most just require adding water and stirring over heat until thickened.) Serve with apple slices! (save any extra gravy for loaded mashed potatoes!)

## BLT Baked Potatoes

Need: 4 baked potatoes, chopped lettuce, chopped tomatoes, bacon bits, sour cream or ranch dressing  
We like to mix our lettuce and tomato with a little ranch dressing first, and then top our baked potatoes. Finish it off with some bacon bits!

## Creamy Pesto Chicken & Rice Casserole

Need:

4oz cream cheese  
(softened)

1/3 cup pesto sauce

2 cups water

12oz bag of frozen spinach

1.5 cups of white rice

Favorite Italian Seasonings

2 chicken breasts

1 cup shredded mozzarella  
cheese

1/2 diced tomato

1. In a medium bowl, combine cream cheese, pesto sauce, water, frozen spinach and rice. You can also add your favorite Italian style seasonings plus onion powder, garlic powder, salt & pepper, etc.

2. Pour this rice mixture into a greased casserole dish, and place in a 375 degree oven for 20–25 minutes.

3. While this cooks, we will dice or shred our cooked chicken. Now we will remove the casserole dish from the oven, and top it with our chicken breasts, mozzarella cheese, and diced tomato. You can also add chopped basil or any herbs on top of this.

4. We will go back in the oven for about 15–20 minutes until everything is nice and melty. (Rice should be tender and soaked up all the liquid)

\*If you are using raw chicken, you will add your 2 inch pieces of chicken on top of the rice mixture after step 1. Bake this for about 45–50 minutes in the oven, and then pull it out and top with cheese & tomatoes, and finish in the oven for another 10 minutes to melt the cheese!\*\*\*

# Day 4

Bacon, Egg & Black Bean Quesadillas

Dinner Leftovers

Kielbasa, Fried Cabbage, and Potatoes

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## Kielbasa, Cabbage & Potatoes

Need:

2-3 potatoes

14oz kielbasa or smoked  
sausage

1-2 carrots

cooking oil

1/2 bag of coleslaw mix  
(shredded cabbage)

favorite seasonings

1. Wash and poke your potatoes with a fork, place on microwave safe plate and cook for 3 minutes in microwave. flip the potatoes and cook for another 3 minutes. Let cool to the touch.
2. Meanwhile, cut your sausage into coins about 1/2 inch thick & shred 1-2 carrots. (for carrots you can also use a food processor or box grater.)
3. Carefully cut your hot potatoes into 1 inch chunks.
4. In a large skillet with some cooking oil, add your potatoes and sausage. Cook over medium high heat until potatoes start to get golden.
5. Next we will add in our cabbage and carrots. This is the point that I usually add seasonings like an herb blend, garlic/onion powder, and any other seasonings I like.
6. Keep stirring this until cabbage is wilted. We usually serve this with a little shredded cheese and sour cream on top!

## Snack Options

\*\*\*Don't forget to check your fridge and pantry for sauces or dips, peanut butter, microwave popcorn, crackers, etc.\*\*\*

-Celery (use with salad dressing, peanut butter, hot sauce, etc.)

-Carrots (use with salad dressing, make carrot fries in the air fryer, carrot salad with raisins)

-Apples (sliced, with peanut butter or nutella, make apple chips in the air fryer (slice thin and sprinkle with cinnamon)

-Cheese Quesadillas or Grilled Cheese (make in the microwave, air fryer, or skillet)

-Cinnamon Toast (toast French bread slices in toaster, smear butter, and top with cinnamon & sugar.)

-Banana Wraps (Tortilla smeared with peanut butter & sliced bananas, rolled up!)

-Homemade Potato Chips (slice thin, add favorite seasonings, and make in the air fryer!)

# Day 5

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Pesto Eggs with Toast & Banana Slices

Loaded Mashed Potato Bowls

French Bread Taco Pizza with Corn

## Pesto Eggs & Toast

I like to do these as a scramble, but you can also fry these over medium, etc. I actually whisk a little pesto sauce into my eggs, and scramble in a pan like normal top with some mozzarella cheese. (You can also add any seasonings you like!) Serve with a side of toasted French bread with butter!

## Loaded Mashed Potato Bowls

Mashed potatoes are so easy to make and they are so filling! This week we can make some easy mashed potatoes bowls by topping with bacon bits, cheese, sour cream, some shredded chicken, country gravy, etc.

I like to pre-make the mashed potatoes, and just microwave with a little water or milk at lunch time!

## French Bread Taco Pizza

Need:

4 oz cream cheese

16oz can of refried beans

French Bread (pre sliced)

1/2lb cooked ground turkey

taco seasoning

shredded cheddar cheese

chopped lettuce

diced tomato

sour cream

leftover 1 cup frozen peas

15oz can of corn

1. In a microwave safe bowl, we will combine our softened cream cheese with refried beans. Microwave 30–45 seconds until it's nice and smooth. (This will be the sauce base for our pizza!)
2. In a small pan on the stove, you want to heat up your precooked ground turkey and add taco seasoning. (we usually use 1/3–1/2 of one pack).
3. We are using the French bread loaf that you can have the bakery pre-slice for you, so arrange your slices on a sheet pan, we usually do 8 pieces. Using a knife, I spread the creamy beans on each slice. Then top with my taco meat and shredded cheese.
4. Bake in 400 degree oven for 10 minutes to melt, or in the air fryer (350 degrees) for about 5–7 minutes.
5. Top each pizza with chopped lettuce, diced tomato, and sour cream!
6. We usually serve this with a simple veggie like canned corn, and you can mix the leftover green peas and corn together to use them up!

# Day 6

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Cinnamon Toast with Apple Slices

Dinner Leftovers

Chicken Bacon Ranch Pasta & Garlic Bread

## Chicken Bacon Ranch Pasta

Need:

1/2 Box of pasta

2 chicken breasts

1 tbsp butter/margarine/etc.

1 tbsp flour

1 cup milk

1 cup shredded cheddar  
cheese

ranch seasoning

3 tbsp bacon bits

1/2 tomato diced

1. Start by boiling water and cooking your 1/2 box of pasta (any shape will work.)
2. While that is cooking, we will go ahead and shred our cooked chicken breasts, if your chicken is not already cooked, just dice it into 1 inch pieces and saute in a pan. Remove the chicken when cooked and set aside.
3. In a large sauce pot, melt butter and add flour. We are making a roux for our sauce. Next slowly add 1 cup of milk and stir well over medium high heat until it starts to boil, then drop the heat to simmer.
4. Slowly add your shredded cheese to the milk and keep stirring. Add in your ranch seasoning mix to taste, I usually do about 2 tbsp.
5. Turn off heat and stir your pasta into your sauce. Then add your chicken, bacon bits, and diced tomato.
6. We should have a few pieces of French bread slices left, so we can easily make some garlic bread to serve with our pasta. We will also finish off the lettuce and tomato for easy side salads with dressing.

\*This is also a great pasta to add any leftover veggies to. So, if you have leftover corn and green peas, you can toss those in at the end as well!

## 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!