

Family Meal Plan

for a week under \$100

(Serves 4)

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	BREAKFAST	LUNCH	DINNER
Day 1	Sheet Pan Pancakes with Cinnamon Apples	Turkey Salads	Garlic Lime Sheet Pan Chicken with Rice
Day 2	Sausage Balls with Clementines	Chicken Bacon Ranch Pasta Salad	Zucchini Burgers & Fries
Day 3	Sheet Pan Pancakes with Cinnamon Apples	Dinner Leftovers	Cabbage Roll Enchiladas with Rice
Day 4	Sausage Balls with Clementines	Baked Potatoes	Smoked Sausage & Mushroom Pasta
Day 5	Hard Boiled Eggs with Cinnamon Toast	Dinner Leftovers	BBQ Chicken Pita Pizzas with Side Salad
Day 6	Bacon Egg Scramble with Toast	Turkey Sandwiches	Bean & Pasta Fagioli Soup
Day 7	Leftovers	Leftovers	Leftovers

Sweet Treat:
Chocolate Chip
Cookies

Groceries

Needed:

Meat:

Chicken Breasts (5lb)
Breakfast Sausage (1lb)
Pre-Cooked Bacon (2.5oz)
Turkey Lunchmeat (1lb)
Ground Beef (1lb)
Smoked Sausage (13oz)

Frozen:

Frozen Corn (12oz)
Frozen Peas (12oz)

Produce:

Apples (3lbs)
Lettuce
Cucumber
Tomatoes (x2)
Lime (x1)
Garlic (1 head)
Yellow Squash (x1)
Green Bell Pepper (x1)
Clementines (3lb)
Potatoes (5lb)
Zucchini (x1)
Cabbage
Carrots (1lb)
Celery (1 bunch)

Pantry:

Pancake Mix (32oz/8 cups)-3,-3
Ranch Dressing
White Rice (1lb)
Chicken (5oz can)
Macaroni Noodles (1lb)
Hamburger Buns (8ct)
Enchilada Sauce (28oz can)
Pita Bread (4-5ct)
BBQ Sauce
Sandwich Bread
Penne Pasta (1lb)
Mushrooms (6.5oz can)
Red Kidney Beans (15.5oz)
White Kidney beans (15.5oz)
Chicken Broth (14.5oz)
Chocolate Chip Cookie Mix

SHOPPING LIST

PRODUCE

- Apples (3lbs)
- Lettuce
- Cucumber
- Tomatoes (x2)
- Lime (x1)
- Garlic (1 head)
- Yellow Squash (x1)
- Green Bell Pepper (x1)
- Clementines (3lb)
- Potatoes (5lb)
- Zucchini (x1)
- Cabbage
- Carrots (1lb)
- Celery (1 bunch)

PANTRY

- Pancake Mix (32oz)
- Ranch Dressing
- White Rice (1lb)
- Chicken (5oz can)
- Macaroni Noodles (1lb)
- Hamburger Buns (8ct)
- Enchilada Sauce (28oz can)
- Pita Bread (4-5ct)
- BBQ Sauce
- Sandwich Bread
- Penne Pasta (1lb)
- Mushrooms (6.5oz can)
- Red Kidney Beans (15.5oz)
- White Kidney beans (15.5oz)
- Chicken Broth (14.5oz)
- Chocolate Chip Cookie Mix

MEAT DEPT

- Chicken Breasts (5lb)
- Breakfast Sausage (1lb)
- Pre-Cooked Bacon (2.5oz)
- Turkey Lunchmeat (1lb)
- Ground Beef (1lb)
- Smoked Sausage (13oz)

DAIRY

- Milk (half gallon)
- Eggs 12ct
- Cheddar Cheese (1lb)
- Colby Cheddar Cheese (8oz)
- Parmesan Cheese (6oz)

FROZEN

- Frozen Corn (12oz)
- Frozen Peas (12oz)

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

Total:
\$95.98

prices from Neighborhood Market Walmart
in Bellevue, Washington

Day 1

Sheet Pan Pancakes with Cinnamon Apples

Turkey Salads

Garlic Lime Sheet Pan Chicken with Rice

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Sheet Pan Pancakes with Cinnamon Apples

Need: 3 cups pancake mix, 2 cups milk, 2 eggs,
2-3 apples, butter, cinnamon

1. In a bowl, whisk together pancake mix, milk, and eggs.
2. Pour this in a greased baking sheet. Give a little shake to the pan so it is even. Bake in 400 degree oven for about 12-15 minutes and golden brown.
3. In a saucepan on the stove, cook sliced or diced apples in butter with some cinnamon.
4. Once pancakes are done, serve with apples on top.
5. Store leftovers in tupperware for another breakfast!

Turkey Salads

Need: lettuce, tomato, cucumbers, shredded cheese, turkey lunchmeat, ranch dressing, 2 hard boiled eggs

*We are going to go ahead and prepare most of our produce for the week with this salad, dice 1 tomato/ slice 1 tomato, slice cucumber, shred cheese, chop lettuce (save some whole pieces for burgers)

Chocolate Chip Cookies

We will be using the premade chocolate chip cookies that you break apart. I like these because I can just cook 4-6 each night that I have the oven on. The pack has 24 cookies so you could do this 3-4 times!

Garlic Lime Sheet Pan Chicken with Rice

Need:

1 lime, 3 cloves of garlic (minced), 1 yellow squash, 1 bell pepper, 2 chicken breasts, 4 tbsp cooking oil, 2 cups of rice

1. Cut squash, bell pepper, and 1/2 onion into 1 inch pieces. Cut chicken breasts into 1 inch pieces.
2. In a bowl, combine juice and zest of 1 lime, minced garlic, cooking oil, and salt/pepper. Add chicken and veggies to bowl, stir well to coat.
3. Add chicken veggies to greased baking dish like a big lasagna pan. Bake in 400 degree oven for about 25 minutes. I like to flip about half way.
4. On the stovetop, make your rice using 2 cups rice and 4 cups of water.
5. Once the chicken and veggies are fully cooked, remove from oven and let sit for a few minutes.
6. Serve Chicken and veggies over rice.

Prep Ahead

****We will have the oven on for tonight's dinner, so we can go ahead and cook all the chicken on sheet pan tonight so it is ready for the other 2 dinners!****

****Depending on your available time, I would go ahead and make the sausage balls today for breakfast.****

Day 2

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Sausage Balls with Clementines

Chicken Bacon Ranch Pasta Salad

Zucchini Burgers & Fries

Zucchini Burgers with Homestyle Fries

Need:

Ground Beef (1lb)

1 Zucchini

minced garlic

Hamburger Buns

Cheddar Cheese

4-5 Potatoes

cooking oil

favorite seasonings

1. Wash & slices your potatoes into wedges. Drizzle with oil and sprinkle with seasonings. Bake in 400 degree oven for about 30-35 minutes. I like to flip about halfway.
2. Using a food processor or grater, you will want to chop/grate your zucchini.
3. In a bowl, mix together ground beef, zucchini, and your favorite seasonings. Form patties, I usually make 6-8.
4. Cook burger on the stove in a pan with oil or on the grill. Once cooked, top with cheddar cheese & melt.
5. Serve burgers with lettuce, tomato, & hamburger buns with fries on the side!

***Technically the veggie is in the burger, but you can add another veggie for a side, so your kids don't suspect anything!

Sausage Balls

Need: 1lb breakfast sausage, 2 cups pancake mix. 2 cups shredded cheddar cheese

1. In a large bowl, combine sausage, pancake mix. Once mixed, fold in cheese.
2. Using your hands, form 1.5 inch balls and place on greased baking sheet. Should make about 25 balls.
3. Bake in 350 degree oven for about 20-25 minutes until sausage is fully cooked.
4. Store leftovers in airtight container.

Chicken Bacon Ranch Pasta Salad

Need: 5oz can chicken, 1/2 box macaroni, ranch dressing, diced tomatoes, 6 slices bacon

1. Boil pasta until tender, drain, and ice bath with cold water to keep from getting mushy.
2. Drain pasta, then add in canned chicken (drained & rinsed), diced tomato, chopped bacon, and ranch dressing.
3. Depending on the ranch dressing, you may want to add more seasonings.
4. I like to refrigerate this salad for at least an hour before eating.

Day 3

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Sheet Pan Pancakes with Cinnamon Apples

Dinner Leftovers

Cabbage Roll Enchiladas

Sheet Pan Pancakes-

To reheat pancakes, I like to use the toaster oven, but you can also microwave for 30 seconds, flip over and microwave again for 30 seconds.

Cabbage Roll Enchiladas

Need:

Cabbage (1 head)

water/salt

2-3 Chicken Breasts
(about 2 cups shredded)

Frozen Corn (12oz bag)

Enchiladas Sauce (28oz
can)

1.5 cups shredded Colby

cheddar cheese

2 cups rice

4 cups water

1. Cut head of cabbage in half, and remove the core. Add cabbage to a large pot of boiling water that is salted. Let cook for about 5 minutes, and then carefully remove leaves with tongs. Run cold water over the cabbage to cool them. Pat dry with paper towels. We need 12 good sized leaves, everything else can be stored in a container for later.
2. In a large bowl, combine chicken, corn, 1/2 cup of enchiladas sauce, and 1 cup of shredded cheese.
3. Pour 1/2 cup of the enchilada sauce at the bottom of a baking dish.
4. To make the cabbage rolls, we will put about 1/2 cup of the chicken mixture on top of one cabbage leaf. Tuck your ends in and roll up tight. Place seam side down into the baking dish.
5. Once all 12 are done, you can pour the rest of the sauce on top of the cabbage rolls and sprinkle 1/2 cup of cheese on top.
6. Bake in 350 degree oven for 20-25 minutes to heat filling and melt cheese.
7. While cabbage is baking, make rice on the stovetop with 2 cups rice & 2 cups of water. I like to keep the rice simple and just add butter, but you can add taco seasoning if you want to add some extra flavor.
8. I like to put the rice down first, and then place 1-2 cabbage rolls on top with the sauce!

Day 4

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Sausage Balls with Clementines

Baked Potatoes

Smoked Sausage & Mushroom Pasta

Sausage Balls:

To reheat, I like to place in a bowl with a slightly wet paper towel on top. Microwave 20 seconds, flip the balls, and then microwave another 20 seconds.

These can actually be made, baked, and then freeze for later!

If frozen, simply defrost overnight in the fridge then reheat in the microwave.

Baked Potatoes

One of my favorite lunches and a great way to repurpose leftovers!

You can crumble up burgers and top the potatoes, other options include using some of the pre-cooked bacon, top with leftover chicken & cheese, if you have extra enchiladas sauce it goes great as a sauce on top too. Serve with a side salad for a bigger lunch!

Smoked Sausage & Mushroom Pasta

Need:

Penne (1lb)

Smoked Sausage (13oz)

1/2 Onion diced

Mushrooms (6.5oz can)

Italian Seasoning

3/4 cup of milk

1 cup Parmesan Cheese

Frozen Peas (12oz bag)

Butter

1. Boil Penne in water until tender, then drain. ****Save 1 cup of pasta water for later****
2. In a large skillet, brown sausages and turn them occasionally. (About 5-7 minutes) Remove from pan to cool, then cut into thin round slices.
3. In same pan, cook diced 1/2 onion until clear. Add in mushrooms (drained first) and Italian Seasonings.
4. Add sausage back to the pan, pour milk and 1 cup of pasta water into the pan. Boil over high heat until sauce starts to thicken.
5. Microwave frozen peas per directions. Once cooked, add butter and seasonings.
6. Add pasta to the pan and stir in the cup of parmesan cheese. Keep stirring until sauce becomes creamy.
7. Serve pasta with peas on the side. We usually add some buttered bread as well.

Day 5

Hard Boiled Eggs with Cinnamon Toast

Dinner Leftovers

BBQ Chicken Pita Pizzas with Side Salad

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Cinnamon Toast– We make this super simple by just toasting bread in the toaster. In a small bowl, I mix together 2 tbsp of butter with 1 tbsp of sugar and a 1/2 tsp of cinnamon. When the toast is ready, I spread the butter on the bread to melt.

BBQ Chicken Pita Pizzas

Need:

2 chicken breasts

4 pitas

BBQ Sauce

Cheddar Cheese
(shredded)

1. If you are using cooked chicken, I like to shred it with 2 forks. Sometimes it is easier to shred if it is warm, so you may want to microwave it for 30 seconds if it is too firm.
2. If your chicken is not cooked, chop the chicken into small pieces and saute in a pan. For this method, I find it easier to just use a knife to chop the cooked chicken in to a small dice.
3. On a baking sheet, arrange pitas so they are not touching. Top each one with BBQ sauce, then top with shredded cheese and chicken.
4. Bake pita pizzas in 400 degree oven for 6–8 minutes until cheese is melted. (We usually do this in the toaster oven)
5. Serve your pizza with a side salad made with diced tomatoes, cucumbers, shredded cheese, and ranch dressing.

Snack Ideas

Carrots & Celery with
Ranch
Turkey and Cheese
Cinnamon Toast

Clementines
Apple Slices
Hard Boiled Eggs
Airfryer Apple Chips

Air Fryer Potato Chips
Chocolate Chip Cookies
Cinnamon Apples
Egg Salad

Day 6

Bacon Egg Scramble with Toast

Turkey Sandwiches

Bean & Pasta Fagioli Soup

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Bean & Pasta Fagioli Soup

Need:

Garlic (2-3 cloves minced)

2 carrots (diced)

2 celery stalks (chopped)

any leftover veggies

Chicken Broth (14.5oz can)

Macaroni Noodles (1/2 box)

Red Kidney Beans (15.5oz can)

White Kidney beans (15.5oz can)

Tomato Sauce (8oz can)
any leftover tomatoes

Italian Seasoning

1. In a large pot, saute minced garlic, diced carrots, and chopped celery. You can add any leftover veggies you have including cabbage, corn, peas, squash, and you can even add raw potatoes if you like)

2. Add chicken broth, drained and rinsed kidney beans, tomato sauce, any leftover diced up tomatoes, and 1/2 box of macaroni noodles. Top off with enough water that everything is covered by at least 1 inch.

3. Allow soup to boil over medium heat and stir occasionally. Once the macaroni noodles are tender reduce heat, I like to add Italian seasoning, onion powder, and other favorite seasonings.

4. Serve soup with garlic bread (hamburger buns) or grilled cheese sandwiches.

Soup can also be made in a crockpot on low heat, add noodles at the end

This is a meatless dish, but if you have leftover burgers, you can crumble them up and add to the soup. You can also add any leftover chicken 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!