

Family Meal Plan for a week under \$100

(Serves 4)

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	BREAKFAST	LUNCH	DINNER
Day 1	Pancakes with Strawberries	Turkey Burgers with Potato Wedges & Apple Slices	Pineapple Chicken Rice
Day 2	Mini Chicken Biscuits with Watermelon	Dinner Leftovers	Sausage Sweet Potato Hash
Day 3	Ham & Cheese Cups with Apple Slices	Chicken Nuggets with Tater Tots & Watermelon	Turkey Pasta Primavera
Day 4	Pancakes with Strawberries	Dinner Leftovers	Teriyaki Chicken Sandwiches with Potato Wedges
Day 5	Mini Chicken Biscuits with Watermelon	Corn Muffins Dogs with Strawberries	Ham & Pea Pasta
Day 6	Pancakes with Strawberries	Dinner Leftovers	Ground Turkey Totchos
Day 7	Leftovers	Leftovers	Leftovers

Sweet Treat: Creamsicle Ice Cream Floats

Groceries Needed:

Produce:

Strawberries (1lb)
Apples (3lb)
Lettuce
Tomato (x2)
Watermelon
Sweet Potatoes (x2)
Onion (x1)
bell Pepper (x1)
Zucchini (x1)
Yellow Squash (x1)

Meat:

Ground Turkey (3lbs)
Smoked Sausage (12-13oz)
Ham Lunchmeat (16oz)
Hot Dogs (8ct)
Chicken Breasts (3lbs)
Chicken Nuggets (30oz bag)

Frozen:

Potato Wedges (2lb bag)
Vanilla Ice Cream
Tater Tots (2lb bag)
Frozen Peas (12oz)

Pantry:

Pancake Mix
Pancake Syrup
Orange Soda
Chicken Broth (32oz)
Pineapple Rings (20oz can)
White Rice (1lb)
Green Beans (14.5oz)
Pasta - any shape (1lb)
Italian Diced Tomatoes (14.5oz)
Teriyaki Sauce
Hamburger Buns
Corn Muffin Mix

Pantry Continued:

Alfredo Sauce (16oz)
Taco Seasoning

Dairy:
Canned Biscuits (x2)
Cheddar Cheese (8oz)
Parmesan Cheese (7oz)
Milk (half gallon)
Eggs (12ct)

SHOPPING LIST

PRODUCE

- Strawberries (1lb)
- Apples (3lb)
- Lettuce
- Tomato (x2)
- Watermelon
- Sweet Potatoes (x2)
- Onion (x1)
- bell Pepper (x1)
- Zucchini (x1)
- Yellow Squash (x1)

MEAT DEPT

- Ground Turkey (3lbs)
- Smoked Sausage (12-13oz)
- Ham Lunchmeat (16oz)
- Hot Dogs (8ct)
- Chicken Breasts (3lbs)
- Chicken Nuggets (30oz bag)

FROZEN

- Potato Wedges (2lb bag)
- Vanilla Ice Cream
- Tater Tots (2lb bag)
- Frozen Peas (12oz)

PANTRY

- Pancake Mix
- Pancake Syrup
- Orange Soda
- Chicken Broth (32oz)
- Pineapple Rings (20oz can)
- White Rice (1lb)
- Green Beans (14.5oz)
- Pasta - any shape (1lb)
- Italian Diced Tomatoes (14.5oz)
- Teriyaki Sauce
- Hamburger Buns
- Corn Muffin Mix
- Alfredo Sauce (16oz)
- Taco Seasoning

DAIRY

- Canned Biscuits (x2)
- Cheddar Cheese (8oz)
- Parmesan Cheese (7oz)
- Milk (half gallon)
- Eggs (12ct)

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

Total:
\$91.68

prices from Walmart
Super Center
in New Franklin, Ohio

Day 1

Pancakes with Strawberries

Turkey Burgers with Potato Wedges & Apple Slices

Pineapple Chicken Rice

Pancakes with Syrup & Strawberries

Need: 2 cups pancake mix, 1 1/4 cups cool water, pancake syrup

1. In a bowl, combine mix and water with a whisk.
2. This will make about 10-14 (4 inch) pancakes which should be enough for 4 people.

I would go ahead and make 3 batches of pancakes, and freeze 2 batches. I lay them out on a sheet pan with parchment paper, freeze them and then move to a plastic bag. To reheat, I use the toaster or microwave!

Turkey Burgers & potato wedges

Need: 1lb ground turkey, favorite seasoning, half bag of potatoes wedges.

I mix my ground turkey with some seasoning, and then cook in a pan. Follow the directions for the potato wedges.

Prep Ahead

****Break up the 3lbs of turkey into 1lb portions****

****Go Ahead and cut up watermelon and store in large container for easy access****

Pineapple Chicken Rice

Need:

2-3 chicken breasts, 20oz can of pineapple rings, 1 cup white rice, 1 cup chicken broth, green beans (14.5oz can)

1. Drain Pineapple juice and set aside. We need to save 4 rings whole for another dinner. For tonight we will chop the remaining rings into chunks and need 1 cup of the juice.
2. We will want to cut our chicken into 1 inch pieces. Then we will cook in oil for about 3-4 minutes.
3. Next, we will add our rice and continue cooking for 1-2 minutes. Then we will add in our chopped pineapple, chicken broth, and 1 cup of pineapple juice.
4. Bring to a boil, then reduce heat, cover and continue cooking for 20 minutes.
5. After 20 minutes, most of the liquid should be absorbed and the rice will be done.
6. Serve with canned green beans.

Orange Creamsicle Floats

My kids adore this! We do small ones so they can have them multiple times. Simply place a scoop of ice cream in a small cup, and then pour orange soda over it. We serve with a spoon and a straw!

Day 2

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Mini Chicken Biscuits with Watermelon

Dinner Leftovers

Sausage Sweet Potato Hash

Mini Chicken Biscuits

Need: 10–15 chicken nuggets, 1 can of biscuits, any condiments you may have

1. Bake the biscuits and the chicken nuggets in the oven per directions.
2. My kids like to eat these more open faced with mustard or ketchup. You can also slice the biscuits in half and serve more as mini chicken sandwiches!

Sausage & Sweet Potato Hash

Need: 2 sweet potatoes, 1 onion, 1 bell pepper, Kielbasa or Smoked Sausage (12–13oz),
1/4 cup of water, oil, seasonings.

1. Peel and cut your sweet potatoes into 1–2 inch chunks. Cut onion and bell pepper into large dice. Cut Sausage into rounds or slices.
2. In a large skillet, Saute the sweet potatoes for 8–10 minutes. Add 1/4 cup of water and then cover the skillet over medium heat for another 5 minutes until tender. Remove potatoes and set aside.
3. In the same pan, saute the onions and peppers with your favorite seasonings until veggies get soft.
4. Add sliced sausage and sweet potatoes back to the pan and heat another 5 minutes

You can add shredded cheese and/or sour cream on top to serve. This is just like the sheet pan version, but a little bit quicker on the stove top!

Snack Ideas:

Watermelon
Hard Boiled Eggs

Deviled Eggs
Hot Dogs

Popcorn
Apples

Day 3

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Ham & Cheese Cups with Apple Slices

Chicken Nuggets with Tater Tots & Watermelon

Turkey Pasta Primavera & Side Salad

Ham & Cheese Cups

Need: 6 slices of ham, 4 eggs, shredded cheese,
6 cup muffin pan

Take each slice of ham and fold it in half, then line each of the 6 muffin cups. (I grease each cup first) Sprinkle a little cheese in each cup. In a bowl, whisk together 4 eggs and your favorite seasoning. Then pour into the 6 cups. Bake in 350 degree oven for about 20–25 minutes until firm and fully set. Serve with apple slices!

Chicken Nuggets, Tater Tots, & Watermelon

We will be using 1/3 of the bag of chicken nuggets or about 15–16 nuggets. We will also be using about 1/3 of bag of tater tots. Follow cooking directions on package, and serve with watermelon chunk!

Turkey Pasta Primavera

Need:
Ground Turkey (1lb)
2 cups of Chicken Broth
8oz Pasta (any shape)
1 zucchini
1 yellow squash
Italian Diced Tomatoes
(14.5oz can)

1. In a large pot or skillet, brown your ground turkey. Once fully cooked, drain any excess grease.
2. Add in your broth, pasta, sliced zucchini/squash, and Italian Tomatoes. Stir well.
3. Bring to a boil, then reduce heat to medium and cook covered for about 10–12 more minutes. The pasta should be tender and a lot of the liquid should be absorbed.
4. If you still have a lot of liquid, you can raise the heat and boil off some excess.

This dish can be topped with shredded cheese if you like and served with a simple side salad!

Day 4

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Pancakes with Strawberries

Dinner Leftovers

Teriyaki Chicken Sandwiches with Potato Wedges

Frozen 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.

*Don't forget to check your pantry for some fun items to add into your pancakes or to put on top! You could easily add some sprinkles, chocolate chips, peanut butter, nutella, etc.

Teriyaki Chicken

Sandwiches &

Potatoes Wedges

Need:

4 Chicken Breasts

1 cup of teriyaki
sauce

4 pineapple rings

1/4 cup pineapple
juice

4 Hamburger Buns

Lettuce

Tomato

1. Depending on the size of your chicken breasts you may want to cut them in half. We want them about the size of a deck of cards so they fit on our buns!
2. Place chicken breasts and teriyaki sauce & pineapple juice in a plastic bag. Seal tight and remove as much air as possible. We want this to marinate for about 1-2 hours. (You can do this the night before too if you want!)
3. Once marinated we can either grill the chicken breasts until done (about 8 minutes on each side) or you can cook on the stove top.
4. If grilling, go ahead and grill your pineapple rings too!
5. Bake the potatoes wedges per the package directions in the oven or the air fryer.
6. Serve sandwiches with sliced tomato, lettuce, and additional teriyaki sauce.

Day 5

Mini Chicken Biscuits with Watermelon

Corn Muffins Dogs with Strawberries

Ham & Pea Pasta

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Mini Chicken Biscuits– This is one of the few items that I don't recommend baking or cooking in advance. Since we are using frozen nuggets and canned biscuits, I would just make these again. If you were to pre-make them, they tend to dry out or get mushy.

Mini Corn Muffin Dogs

Need:

1 box corn muffin mix

1 egg

1/3 cup of milk

6 hotdogs

Mini Muffin Tin

1. In a small bowl, mix together corn muffin mix, egg, and milk.
2. Grease the cups of your muffin tin, then cut your hotdogs into 1 inch chunks. (I usually cut each hot dog into 4, so I have a total of 24 because my mini muffin pan has 24 spots) Place a piece of hot dog in each spot
3. Pour muffin mix over the top, then bake at 400 for 8–12 minutes.

Ham & Pea Pasta

Need:

8 oz ham lunchmeat

8oz pasta (any shape)

16oz Alfredo sauce

12oz bag of frozen peas

1 cup Parmesan Cheese

1. Chop ham lunchmeat into small chunks and set aside.
2. Boil water for pasta, cook until tender, and then drain.
3. In pan, fry the ham in a little oil for 1–2 minutes, then add frozen peas. Keep stirring until peas are defrosted.
4. Then add in alfredo sauce and any seasonings you like! Stir in your cooked pasta and sprinkle with Parmesan Cheese.

We typically will serve this with side salads and fruit, but it does make a lot so you will probably have some leftovers! This is also a great night to make garlic bread if you have any bread in your freezer!

Day 6

Pancakes with Strawberries

Dinner Leftovers

Ground Turkey Totchos

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Ground Turkey Totchos

Need:

1lb ground turkey

taco seasoning

1lb frozen tater tots

2 cups of shredded cheddar cheese

diced tomatoes

lettuce

1. In a casserole dish or on a sheet pan, lay out your tater tots. Bake in 425 degree oven for about 20–25 minutes until crispy. (This can also be done in your air fryer)
2. Meanwhile in a skillet, brown your ground turkey. Once done, drain your excess grease. Add water and taco seasoning per package directions and cook for 1–2 minutes. Set aside until tater tots are cooked.
3. Sprinkle the ground turkey over the tots and then top with the shredded cheese. Bake another 5–7 minutes until everything is all melty!
4. We like to serve this with diced tomatoes and shredded lettuce on top. You can also add salsa, jalapenos, avocado, sour cream, etc.

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!