

Family Meal Plan

for a week under \$100

	BREAKFAST	LUNCH	DINNER
Day 1	Scrambled Eggs with Homestyle Potatoes	Salads with Tomato, Cucumber, and Cheese	Teriyaki Chicken with Broccoli and Rice
Day 2	Scrambled Eggs with Homestyle Potatoes	White Bean Hummus with Carrots	Turkey Hamburgers with Homemade Potato Wedges
Day 3	French Toast with Pancake Syrup	Leftovers	Creamy Spinach Pasta with Chicken with Side Salad
Day 4	French Toast with Pancake Syrup	Grilled Cheese with Carrot Sticks & Tortilla Chips	Cheesy Tuna Melts with Side Salads and Sautéed Apples
Day 5	Apple Pie Overnight Oats	Leftovers	Taco Pasta
Day 6	Apple Pie Overnight Oats	Baked Potato with Taco Meat	Chicken and Rice Soup with Butter Toast
Day 7	Leftovers	Leftovers	Leftovers

Snacks: Apples, Carrots with Ranch, Tortilla Chips

Sweet Treat: Vanilla Ice Cream with Pancake Syrup

Shopping list:

Produce:
 Potatoes (5lbs)
 Apples (3lbs)
 Carrots (1lb)
 Lettuce
 Tomatoes x3
 Cucumber x1

Meat Dept:
 Chicken Breasts (5lbs)
 Ground Turkey (2lbs)

Frozen:
 Frozen Broccoli (12oz)
 Frozen Spinach (12oz)
 Frozen Mixed Veggies (12oz)
 Vanilla Ice Cream

Dairy:
 Eggs (18ct)
 Milk (gallon)
 Cheese Slices (8oz)
 Cheddar Cheese (8oz)
 Mozzarella Cheese (8oz)

Pantry:
 Loaf of Bread
 Pancake Syrup
 Quick Oats
 Tortilla Chips
 White Beans (15.5oz can)

Pantry Continued:
 Canned Tuna (5oz can x2)
 White Rice (1lb)
 Soy Sauce
 Brown Sugar
 Ranch Dressing
 Chicken Boullion
 Pasta (16oz)
 Hamburger Buns
 Black beans (15oz can)
 Taco seasoning
 Rotel tomatoes (10oz can)

SHOPPING LIST

PRODUCE

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- Apples (3lbs)
- Carrots (1lb)
- Lettuce
- Tomatoes x3
- Cucumber x1

FROZEN

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- Frozen Spinach (12oz)
- Frozen Mixed Veggies (12oz)
- Vanilla Ice Cream

MEAT DEPT

- Chicken Breasts (5lbs)
- Ground Turkey (2lbs)

DAIRY

- Eggs (18ct)
- Milk (gallon)
- Cheese Slices (8oz)
- Cheddar Cheese (8oz)
- Mozzarella Cheese (8oz)

PANTRY

- Loaf of Bread
- Pancake Syrup
- Quick Oats
- Tortilla Chips
- White Beans (15.5oz can)
- Canned Tuna (5oz can x2)
- White Rice (1lb)
- Soy Sauce
- Brown Sugar
- Ranch Dressing
- Chicken Boullion
- Pasta (16oz)
- Hamburger Buns
- Black beans (15oz can)
- Taco seasoning
- Rotel tomatoes (10oz can)
- Vanilla Extract (Imitation)

\$72.05

Prices from Pensacola, FL

Super Walmart

Day 1

Scrambled Eggs with Homestyle Potatoes

Salads with Tomato, Cucumber, and Cheese

Teriyaki Chicken with Broccoli and Rice

Prep Ahead for Breakfast: I love to "bake"

potatoes in the microwave for super-fast cooking. I wash and poke each potato with a fork all over, then microwave for 2-3 minutes. Flip the potatoes and cook an additional 2-3 minutes. I keep flipping and cooking until potatoes are soft and time will vary based on the size of the potatoes.

****Since we will have homestyle potatoes twice this week, I will go ahead and cook at least 4 potatoes, so they are ready to go in the morning!****

Homestyle Potatoes:

Take previously baked potatoes and dice into 1/2 inch pieces. Fry potatoes in some oil with seasoning and you have a super easy homestyle potatoes for breakfast! *can add onions and peppers as well*

Lunch Prep- In order to get ahead of my veggie prep and save some time for the rest of the week,

I want to go ahead and do the following:

1. dice half the tomato for salads
2. slice the other half for burgers and tuna melts
3. chop lettuce for salad
4. save some bigger pieces for burgers
5. chop cucumbers for salads

Teriyaki Chicken, Rice & Broccoli

Need:

2 cups rice & 4 cups of water

1 bag of frozen broccoli

1-2 chicken breasts

1/4 cup brown sugar

1/4 cup soy sauce

1. To start, I go ahead and get my rice cooking. For this dinner we want leftovers and rice for soup, so go ahead and cook 2 cups dry rice to 4 cups water.
2. We are going to use 1-2 chicken breasts for this meal and we need them in 1 inch chunks. Sautee chunks in oil until done, then add 1/4 cup brown sugar & 1/4 cup of soy sauce. Mix until well coated and let chicken simmer in sauce until starts to thicken.
3. Go ahead and steam your broccoli in the bag in the microwave and add the cooked broccoli to the chicken and sauce. Stir until well coated.

Serve over rice!

Extra Time Saver: Since we are using chicken breasts for 3 different dinners, you could go ahead and precook all the chicken breasts in the oven. (lightly coat with oil and season with salt and pepper)

Split your cooked chicken breasts into:

- 1-2 breasts for Teriyaki Chicken
- 1-2 breasts for Chicken Pasta
- 1 breast for Chicken Rice Soup

Day 2

Scrambled Eggs with Homestyle Potatoes

White Bean Hummus with Carrots

Turkey Hamburgers with Homemade Potato Wedges

White Bean Hummus: Start by draining and rinsing your white beans from a can. Add to a food processor and process until the beans are mostly broken up. Then slowly

add oil until the mixture becomes smooth like hummus.

Possible Seasonings: We usually stick to salt, pepper, and garlic but you can add lemon juice, Italian seasoning, or really any seasoning mix that you enjoy!

Lunch Prep- Depending on if you buy whole carrots or baby carrots, I would go ahead and prep carrots for lunch and snacks.

Wash and peel all the carrots, and cut into sticks.

This will make grabbing carrots so much easier all week long.

Turkey Burgers

Need:

1lb ground turkey

1 egg

1/4 cup bread crumbs
seasoning

My favorite way to make burgers is to start in a medium bowl with my ground turkey, add 1 egg, 1/4 cup of bread crumbs, and steak seasoning.

Mix well with hands, and then divide into 4 burgers.

On the stove, cook burgers until done and add cheese on top!

Homemade Potato Wedges:

These will take at least 30–45 minutes to cook in the oven, so start with them for first.

Wash and cut 3 potatoes into wedges or half moon shapes. In a bowl, drizzle oil and favorite seasoning. Spread the potatoes on a greased sheet pan, and bake in 400 degree oven until done. I usually flip them about every 10–15 minutes to keep an eye on them. (time will vary depending on how big and thick the potatoes are cut)

Homemade Bread Crumbs:

We save all our odds and ends bread in the freezer, so we never buy bread crumbs. When we need bread crumbs, we take a few slices out of the freezer and put them in the food processor with any additional seasonings we like.

Day 3

French Toast with Pancake Syrup

Leftovers

Creamy Spinach Pasta with Chicken and a Side Salad

French Toast: Depending on the amount of time you have to work with, you can pre-make 1 large French toast casserole or just make French toast fresh in the morning.

For a large pan, I would use 3-5 eggs, 1 cup milk, and splash of vanilla extract.

Dinner Leftovers Tip: If you know ahead of time that you are planning to have leftovers for lunch, go ahead and

pre-make little lunches in Tupperware after dinner.

This makes packing a lunch so much easier!

Spinach Pasta

Need:

1-2 chicken breasts

frozen creamed spinach or plain spinach

1/2 box pasta (any shape)

diced fresh tomatoes

shredded mozzarella cheese

1. First boil water for your pasta, and while that is cooking, go ahead and chop your chicken into 1 inch pieces.
2. Saute chicken in a pan with oil until completely cooked. Then add your frozen spinach. (If you are using plain spinach, I will add some butter and extra mozzarella cheese to make my own creamed spinach.)
3. Once pasta is done, drain and add to the chicken and spinach, stirring well. Top with diced fresh tomatoes and sprinkle with mozzarella cheese.
4. Serve with side salad

Day 4

French Toast with Pancake Syrup

Grilled Cheese with Carrot Sticks & Tortilla Chips

Cheesy Tuna Melts on Hamburger Buns with sauteed apples & side salad

Boring Grilled Cheese? Try adding a slice of tomato, pickles, lunchmeat, pre-cooked bacon, or different types of cheese!

Sauteed Apples:

Since this dinner is super easy, we will make sauteed apples as a side dish and to use later on for overnight oats.

1. Start by washing and chopping 4 apples into 1/2 inch pieces. (Peeling the apples is totally up to you)
2. In a medium saucepan, add 1 tbsp of butter, 1/4 cup of brown sugar, diced apples, and a dash of cinnamon.
3. Let cook over medium-high heat until apples are soft and tender.
4. Make sure to save about half of the apples for apple pie overnight oats!

Tuna Melts:

Need:

2 cans of tuna

mayo or ranch dressing

sliced cheddar cheese

4 hamburger buns

1. Start by draining and rinsing your canned tuna. Then mix the tuna with either mayo or ranch dressing. (you want a thick tuna salad texture)
2. Brush the tops and bottoms of your bread and toast in the oven, this keeps are tuna melt from getting soggy!
3. Once the bread is toasted, add your tuna mixture to the bottom pieces of the buns and top with half a slice of cheddar cheese.
4. Return to the oven for cheese to melt!

Day 5

Apple Pie Overnight Oats

Leftovers

Taco Pasta

Apple Pie Overnight Oats

need:

cooked apples

quick oats

milk

1. You can make overnight oats in one large container or individual containers– whichever way works for you.
2. I start with my cooked apples at the bottom, and then top with quick oats. (You want about 1/2 cup of oats per person– so if you make one large container you will use 2 full cups of oats)
3. Slowly pour milk over the oats until just covered. (If making large batch, you will want to use at least 1 cup of milk– more if you like them not as thick)
4. Refrigerate overnight!
5. In the morning, you can eat these cold or microwave for 20–30 seconds until hot!

1 Pot Taco Pasta

need:

1 lb ground turkey

1/2 box pasta

taco seasoning

can of black beans

can of diced tomatoes (rotel style)

optional: sour cream, crushed tortilla chips, shredded cheddar cheese

1. Start by browning the ground turkey in a large sauce pan. Once fully cooked, drain the fat and add taco seasoning with a little water.
2. At this point we will save 1/4 of the taco meat for lunches tomorrow!
3. Next go ahead and add drained and rinsed black beans & canned tomatoes.
4. Cover your meat and pasta with just enough water, and put the lid on. Let boil until pasta is tender!
5. If you notice a lot of liquid still in the pan, but the pasta is fully cooked, you can add a tablespoon of sour cream to thicken the sauce.
6. Serve with crushed tortilla chips and shredded cheese if you want!

Day 6

Apple Pie Overnight Oats

Baked Potato with leftover taco seasoned ground turkey

Chicken and Rice Soup with Butter Toast

Chicken and Rice Soup

Need:

1 chicken breast

leftover cooked rice

any leftover vegetables (onion, peppers, corn, carrots, etc.)

chicken bouillon cubes

seasoning

water

1. If starting with raw chicken, go ahead and saute chicken in large pot with oil until fully cooked. Remove from pan and allow to cool, you can dice or shred it.
2. Saute any leftover veggies until soft, and add 1/2 bag of frozen mixed vegetables. (If no leftover veggies, use full bag)
3. Next add in a few bouillon cubes, water, cooked rice, diced/shredded chicken, and any seasoning you like.
4. Let simmer for 20 minutes.

We serve most soups with butter toast, but you can also make some cheese toast if you have leftover shredded cheese! If there is any leftover salad supplies, you could also use it up as a side salad with this dinner.

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!