

# Family Meal Plan for a week under \$100

(Serves 4)

@lowdoughfamily

	BREAKFAST	LUNCH	DINNER
Day 1	Egg & Sausage Wraps with 1/2 Banana	Turkey Sandwiches with Watermelon & Pretzels	Crockpot Salsa Chicken with Rice & Corn
Day 2	French Toast with Peaches	Salsa Chicken Tacos	Chili Mac & Green Beans
Day 3	Peanut Butter Toast with Watermelon	Dinner Leftovers	Grilled Chicken Pesto Sandwich w/ Potato Salad
Day 4	Egg & Sausage Wraps with 1/2 Banana	Egg Salad Sandwich with Graham Crackers	SPAM Stir Fry Noodles
Day 5	French Toast with Peaches	Peanut Butter & Banana Sandwich with Pretzels	Salisbury Steak with Rice
Day 6	Pesto & Turkey Grilled Cheese with Watermelon	Dinner Leftovers	Grilled Chicken & Broccoli Salad with Garlic Bread
Day 7	Leftovers	Leftovers	Leftovers

## Sweet Treat:

No Bake  
Reese's Bars

## Groceries

## Needed:

### Produce:

Bananas  
Watermelon  
Bell Pepper  
Tomato  
Cucumber  
Stir Fry Veggies w/ sauce  
Green Onions  
Broccoli (x2)

### Frozen

Brussel Sprouts (12oz)

### Meat

Breakfast Sausage (1lb)  
Turkey Lunchmeat (1lb)  
Chicken Breasts (3lb)  
Ground Beef (3lb)

### Dairy:

Eggs (18ct)  
Butter (1lb)  
Cheddar Cheese (8oz)  
Sliced Provolone (8oz)

### Pantry

Tortillas (20ct)  
Sandwich Bread  
Pretzels  
Hamburger Buns (8ct)  
Salsa (16oz)  
Beef Broth (32oz)  
White Rice (1lb)  
Elbow Noodles (1lb)  
Thin Spaghetti (1lb)  
Tomato Sauce (8oz)  
Pesto Sauce  
Corn (15oz)  
Peaches (15oz)  
Green Beans (14.5oz)  
Diced Potatoes (15oz)

### Diced Potatoes (15oz)

Chili Seasoning  
Brown Gravy Mix  
Breadcrumbs  
Mustard  
Vinegar  
Mayo  
Vanilla  
Cinnamon  
Graham Crackers  
Powdered Sugar  
Peanut Butter  
Chocolate Chips (12oz)  
SPAM/Luncheon Loaf (12oz)  
Bacon Pieces

# SHOPPING LIST

## PRODUCE

- Bananas
- Watermelon
- Bell Pepper
- Tomato
- Cucumber
- Stir Fry Veggies w/  
sauce
- Green Onions
- Broccoli (x2)

## MEAT DEPT

- Breakfast Sausage (1lb)
- Turkey Lunchmeat (1lb)
- Chicken Breasts (3lb)
- Ground Beef (3lb)

## DAIRY

- Eggs (18ct)
- Butter (1lb)
- Cheddar C.
- Sliced Provolone

## FROZEN

- Brussel Sprouts (12oz)

## PANTRY

- Tortillas (20ct)
- Sandwich Bread
- Pretzels
- Hamburger Buns (8ct)
- Salsa (16oz)
- Beef Broth (32oz)
- White Rice (1lb)
- Elbow Noodles (1lb)
- Thin Spaghetti (1lb)
- Tomato Sauce (8oz)
- Pesto Sauce
- Corn (15oz)
- Peaches (15oz)
- Green Beans (14.5oz)
- Diced Potatoes (15oz)
- Chili Seasoning
- Brown Gravy Mix
- Breadcrumbs
- Mustard
- Vinegar
- Mayo
- Vanilla
- Cinnamon
- Graham Crackers
- Powdered Sugar
- Peanut Butter
- Chocolate Chips (12oz)
- SPAM/Luncheon Loaf (12oz)
- Bacon Pieces

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

# Day 1

Egg & Sausage Wraps with 1/2 Banana

Turkey Sandwiches with Watermelon & Pretzels

Crockpot Salsa Chicken with Rice & Corn

@lowdoughfamily

Egg & Sausage Wraps Need: 1lb ground breakfast sausage, 4 eggs, shredded cheese, 4 tortillas

1. Brown Sausage in a pan, then drain excess grease. Save half of the sausage for later.
2. Scramble 4 eggs and cook in same pan.
3. Assemble tortilla with eggs, scrambled eggs, and shredded cheese if you like!

## Turkey Sandwiches

Super simple sandwiches made with turkey lunchmeat and served with watermelon & pretzels

## Crockpot Salsa Chicken

Need:

2-3 chicken breasts, 16oz jar of salsa, 1 cup white rice, 1 green bell pepper, 15.25 can of corn

1. Place chicken breasts in sprayed crockpot, then top with salsa. Let cook for 4-6 hours on low or 2-3 hours on high. (Once done, it should shred well!)
2. Once it is close to dinner time, we will make a basic white rice using 1 cup white rice & 2 cups water.
3. For the corn, we will saute diced bell pepper with oil in a skillet, once that is tender add drained corn and cook another 2-3 minutes.
4. Serve the Salsa Chicken over the rice with a side corn!

## No Bake Reese's Bars

Need: 1.5 cups of graham cracker crumbs, 3.5 cups of powdered sugar, 1.5 cups of peanut butter, 1 cup of butter (melted), 12oz bag of chocolate chips

1. In a bowl, combine graham crackers, powdered sugar, and peanut butter. Stir well, then blend in the melted butter. Press them into the bottom of a 9x13 pan that is lined with parchment.
2. Melt chocolate chips in the microwave. (30 seconds, stir, 30 seconds, stir, repeat until fully melted)  
Pour the chocolate over the peanut butter mixture and spread evenly.
3. Chill until just set (about 30 minutes) then cut them into squares. (If it chills too long it is very hard to cut later on). Store in air tight container.

# Day 2

@lowdoughfamily

French Toast with Peaches

Salsa Chicken Tacos

Chili Mac & Green Beans

## French Toast with Peaches

Need: 4–8 pieces of bread, 3 eggs, cinnamon, vanilla

1. Whisk together 3 eggs, a dash of cinnamon, a splash of vanilla, and either a little water or milk.
2. Dunk bread into egg mixture and cook in skillet on both sides until golden brown.
3. Serve with powdered sugar and canned peaches.

\*We will have this another morning, so make sure save peaches for later!\*

## Salsa Chicken Tacos

We will use any leftover salsa chicken and rice with tortillas to make simple tacos. You can also add shredded cheese and sour cream if you like!

## Chili Mac

Need: 1.5 lbs ground beef, chili seasoning pack, 2 cups of beef broth, 1 cup water, 8oz tomato sauce, 8oz elbow noodles, 1 cup shredded cheddar cheese, 15oz can of Green Beans

1. Brown ground beef and drain excess.
2. Stir in chili seasoning, beef broth, water, and tomato sauce. Once combined, add in 8oz elbow noodles.
3. Put the lid on and let this come to a boil. Stir well, then drop the heat to medium and cook covered for about 10 minutes.
4. At this point, pasta should be cooked and a lot of the liquid has been absorbed and you can turn off the heat. Sprinkle your shredded cheese on top and put lid back on to melt the cheese.
5. In a small pan, saute the drained green beans in a little butter.
6. Serve the Chili mac with green beans on the side!

# Day 3

@lowdoughfamily

Peanut Butter Toast with Watermelon

Dinner Leftovers

Grilled Chicken Pesto Sandwich w/ Potato Salad & Cucumber Slices

## Grilled Chicken Pesto Sandwich

Need: 4–5 chicken breasts, oil, seasoning, 4 hamburger buns, pesto, sliced tomato, sliced provolone cheese

1. In a large bowl, drizzle chicken with oil and your favorite seasoning. (If your chicken is large, go ahead and cut in half. We will use 4 pieces for dinner tonight, and the rest will be used for another night)
2. Place chicken on a hot grill and cook for about 6 minutes on each side. (Time will depend on the thickness of the chicken breasts)
3. After chicken is fully cooked remove from grill, and put 4 hamburger buns on the grill to toast them.
4. Place one slice of cheese on each of the 4 breasts, top with a slice of tomato, and spread the buns with a little pesto sauce!

\*Make sure to save remaining grilled chicken for another night\*

## Super Easy Potato Salad

Need: 15oz can of diced potatoes, 1/4 cup mayo, 1 tsp mustard, 1 hard boiled egg, favorite seasoning

1. Drain and rinse your potatoes and then place in a bowl.
2. Add mayo, mustard, chopped hard-boiled egg, and favorite seasoning.
3. This can be made ahead of time and refrigerated for later!

## Cucumber Slices

1. Wash and peel cucumbers, then slice into 1/8 inch slices.
2. These can be served plain or with a side of ranch dressing!

# Day 4

@lowdoughfamily

Egg & Sausage Wraps with 1/2 Banana

Egg Salad Sandwich with Graham Crackers

SPAM Stir Fry Noodles

## Egg Salad Sandwiches-

4 eggs, mayo, mustard, pickles (optional)

1. Boil eggs and then place in ice bath to cool down. Remove shells, and then use a fork to smash the eggs into small pieces.
2. Add in mayo, mustard, seasonings (& diced pickles if you like).
3. Make a wrap or a traditional bread sandwich and serve with graham crackers!

## SPAM Stir Fry

### Noodles

Need:

8oz thin spaghetti  
noodles

Spam/Luncheon Meat  
Stir Fry Veggies with  
sauce included  
(can be fresh or  
frozen)

1. Boil water for your noodles, and cook until tender.  
Drain and set aside.
2. Slice your SPAM into strips about 1/4 inch thick.
3. Fry the meat in large skillet over high heat until crispy and browned.
4. Reduce heat to medium, then add your veggies to the pan. I like to add a few tbsp of water to the pan and put the lid back on to steam the vegetables.
5. Once the veggies look cooked, stir in your sauce pack and your cooked noodles!

## Snacks

Watermelon

Pretzels

Graham Crackers

Peanut Butter Sandwiches

Hard Boiled Eggs

Turkey Rolls Ups

# Day 5

French Toast with Peaches

Peanut Butter & Banana Sandwich with Pretzels

Salisbury Steak with Rice

@lowdoughfamily

## Peanut Butter & Banana Sandwiches-

1. Slice each banana in half long ways, then cut in half again. We will use two half for each sandwich.
2. Spread peanut butter on bread, top with bananas, and then other half of bread with peanut butter
3. Serve with Pretzels!

## Salisbury Steak with Rice and

Need:

1 cup white rice

1.5lbs ground beef

1/2 cup breadcrumbs

1-2 tsp mustard

favorite seasonings

1 pack of brown gravy mix

Frozen Brussel Sprouts (12oz)

1. Go ahead and start your rice with 2 cups of water. Bring to a boil, then reduce heat for 15-20 minutes.
2. In a bowl, combine beef, breadcrumbs, mustard, and your favorite seasonings. I like to add Worcestershire sauce, garlic powder, and onion powder. With your hands form 6 patties.  
\*You can add chopped green onion if you like as well!\*
3. Fry patties in a skillet for about 6-7 minutes on both sides until done.
4. Whisk together seasoning packet and 1 cup of water, then pour over the patties in the skillet. Let this come to boil then cook on low for another 2-3 minutes.
5. Microwave the brussels per package instructions. I like to add a little butter once they are steamed.
6. Serve your Salisbury steaks with gravy over the rice with brussels on the side!

# Day 6

Pesto & Turkey Grilled Cheese with Watermelon

Dinner Leftovers

Grilled Chicken & Broccoli Salad with Garlic Bread

@lowdoughfamily

## Pesto & Turkey Grilled Cheese

Need: sandwich bread, provolone cheese, pesto sauce, optional- sliced tomato

1. We make ours using a George Foreman, so we stack turkey and cheese on bread that has been spread with pesto sauce.
2. We don't add butter to the outside, but if you are frying in a pan you may want to do that.

## Chicken Broccoli Salad

Need:	1 cup mayo
1-2 Grilled Chicken Breasts (chopped)	1/4 cup vinegar (any kind)
8 cups broccoli florets (about 2 heads)	1/4 cup white sugar
4-6 green onions (chopped)	Crumbled Bacon Bits

1. In a large bowl, combine chicken, broccoli, and onions.
2. In a small bowl, whisk together may, vinegar, and sugar until well combined.
3. Pour dressing over the chicken and stir to coat.
4. Cover and refrigerate until chilled, then add bacon pieces to the top before serving!

## 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!