

# Family Meal Plan for a week under \$100

(Serves 4)

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	BREAKFAST	LUNCH	DINNER
Day 1	Scrambled Eggs & Spinach w/ Watermelon	Ham & Cheese Sandwiches with Tortilla Chips	Crockpot Meatloaf with Mashed Potatoes & Green Beans
Day 2	Peanut Butter Oatmeal	Dinner Leftovers	Chicken Enchiladas Mac & Cheese with Sweet Peas
Day 3	Vanilla Yogurt with Blueberries	Egg Salad Pitas & Carrot Sticks	Unstuffed Peppers Rice Skillet
Day 4	Hard Boiled Eggs, Toast, & Watermelon	Dinner Leftovers	Grilled Chicken Pita Pockets with Potato Wedges
Day 5	Peanut Butter Oatmeal	Ham & Macaroni Salad	Grilled Cheese Roll-Ups with Tomato Soup
Day 6	Vanilla Yogurt with Blueberries	Dinner Leftovers	Cowboy Chicken Coleslaw
Day 7	Leftovers	Leftovers	Leftovers

## Sweet Treat: Frozen Banana Bites

## Groceries

### Needed:

#### Produce:

Spinach (10z)  
 Watermelon  
 Potatoes (5lb)  
 Bananas (x4)  
 Blueberries (11oz)  
 Carrots (1lb)  
 Bell Peppers (x2)  
 Onion (x2)  
 Tomato (x1)  
 Coleslaw Mix (16oz)  
 Lime (x1)

#### Frozen:

Sweet Peas (12oz)

#### Dairy:

Eggs (18ct)  
 American Cheese (16ct)  
 Milk (1/2 gal)  
 Cheddar Cheese (8oz)  
 Pepperjack Cheese (8oz)  
 Vanilla Yogurt (32oz)  
 Feta Cheese (5oz)  
 Sour Cream (8oz)  
 Butter (1lb)

#### Meat:

Ham Lunchmeat (1lb)  
 Ground Turkey (1lb)  
 Italian Ground Turkey or Sausage (1lb)  
 Chicken Breasts (5.5lbs)

#### Pantry:

Sandwich Bread  
 Tortilla Chips  
 Breadcrumbs  
 Green Beans (14.5oz)  
 Peanut Butter  
 Chocolate Chips (12oz)  
 Quick Oats  
 Elbow Pasta (1lb)  
 Enchilada Sauce (10oz)  
 Mayo  
 Pita Bread (8ct)  
 Diced Tomatoes x2 (14.5oz)  
 White Rice (1lb)  
 Italian Dressing  
 Tomato Soup (26oz)  
 Black Beans (15oz)  
 Corn (14.5oz)  
 Taco Seasoning

# SHOPPING LIST

## PRODUCE

- Spinach (10z)
- Watermelon
- Potatoes (5lb)
- Bananas (x4)
- Blueberries (11oz)
- Carrots (1lb)
- Bell Peppers (x2)
- Onion (x2)
- Tomato (x1)
- Coleslaw Mix (16oz)
- Lime (x1)

## MEAT DEPT

- Ham Lunchmeat (1lb)
- Ground Turkey (1lb)  
Italian Ground Turkey or
- Sausage (1lb)
- Chicken Breasts (5.5lbs)

## FROZEN

- Sweet Peas (12oz)

## PANTRY

- Sandwich Bread
- Tortilla Chips
- Bread Crumbs
- Green Beans (14.5oz)
- Peanut Butter
- Chocolate Chips (12oz)
- Quick Oats
- Elbow Pasta (1lb)
- Enchilada Sauce (10oz)
- Mayo
- Pita Bread (8ct)
- Diced Tomatoes x2 (14.5oz)
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- Italian Dressing
- Tomato Soup (26oz)
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- Corn (14.5oz)
- Taco Seasoning

## DAIRY

- Eggs (18ct)
- American Cheese (16ct)
- Milk (1/2 gal)
- Cheddar Cheese (8oz)
- Pepperjack Cheese (8oz)
- Vanilla Yogurt (32oz)
- Feta Cheese (5oz)
- Sour Cream (8oz)
- Butter (1lb)

This is assuming you already have: your preferred cooking oil , sugar, and your favorite seasonings.

# Day 1

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Scrambled Eggs & Spinach w/ Watermelon

Ham & Cheese Sandwiches with Tortilla Chips

Crockpot Meatloaf with Mashed Potatoes  
& Green Beans

## Scrambled Eggs & Spinach

Need: 4 eggs, handful of spinach, favorite seasonings, and optional shredded cheese

1. I make this as a one pot breakfast. I start by scrambling eggs and adding chopped spinach. I usually use a garlic and herb seasoning blend.
2. Top with shredded cheese and serve with toast if you like!

## Ham & Cheese Sandwiches

Super simple sandwiches made with ham, sliced cheese, and served with tortilla chips!

## Crockpot Meatloaf

Need:

1lb ground turkey, favorite seasonings, 1 egg, 1/2 cup breadcrumbs  
optional: ketchup, brown gravy mix, fave meatloaf topping.

3-5 potatoes, butter, milk, Green Beans (14.5oz)

1. Place aluminum foil at the bottom of the crockpot to form a bowl.
2. In medium bowl, combine ground turkey, seasonings, egg, and breadcrumbs. Mix until well combined then form into a large ball.
3. Place ball on sprayed foil and flatten out even.
4. Cook on low 4-6 hours or on high for 2-3 hours. (Timing will depend on size and shape of meatloaf.)
5. In pot on stove, boil potatoes until tender and drain. Then add milk and butter while mashing.
6. Microwave green beans or cook on stove top. Add favorite seasonings.

Frozen Banana Bites – Need: 4 bananas, peanut butter, 1/2 bag of milk chocolate

1. Slice bananas into rounds and lay them out on parchment paper on a sheet pan. Top each bananas slice with a little peanut butter, and then place in freezer for 1-2 hours.
2. In a microwave safe bowl, melt chocolate for 30 seconds and stir. Keep repeating until chocolate is fully melted.
3. Using a fork, I place a frozen banana in the chocolate, swirl it around, and then shake off any excess chocolate.
4. Freeze the chocolate covered bananas for another 1-2 hours!

\*You can also add sprinkles, finely chopped nuts, or anything you like to the top of the chocolate before the freezing! Check your baking supplies for fun extras to add!\*

# Day 2

Peanut Butter Oatmeal

Dinner Leftovers

Chicken Enchiladas Mac & Cheese with Sweet Peas

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Peanut Butter Oatmeal Need: 2 cups oats, 4 tbsp peanut butter, chocolate chips, milk

1. I like to do this overnight oats style, This can be made in individual containers or one large container. I start with my oats at the bottom, top with peanut butter, then sprinkle in some chocolate chips.
2. I pour in just enough milk to make sure all the oats are wet. Then give the container a shake! Let chill overnight.
3. In the morning, you can eat these cold or warmed in the microwave!

## Chicken Enchilada Mac & Cheese

Need: 1-1.5lbs chicken breasts, 8oz elbow noodles, 10oz can of enchilada sauce (red or green),

1/2 cup of milk, 1 cup shredded cheddar cheese, 1 cups of shredded pepper jack cheese, 12oz bag of frozen sweet peas.

1. Boil water and cook pasta until tender. Drain pasta and set aside.
2. Cut chicken breasts into 1 inch pieces. Saute chicken in a large skillet with a little oil until fully cooked.
3. Add enchilada sauce and milk to the skillet and bring to a boil.
4. Reduce heat and slowly add in shredded cheese. Keep stirring with a whisk until cheese is fully melted.
5. Add cooked pasta to the sauce and stir well to combine.
6. Microwave peas in the bag per directions. I like to add a little butter once they are steamed.

## Prep Ahead

All 3 chicken dinners can be made with pre-cooked chicken, so if you have the time, I would precook all the chicken for the week. Either do them on the grill, bake them in the oven, or air fry them.

\*Cooked Chicken is also a great item to have in your freezer to pull out ready to cook at any time!\*

# Day 3

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Vanilla Yogurt with Blueberries

Egg Salad Pitas & Carrot Sticks

Unstuffed Peppers Rice Skillet

## Vanilla Yogurt with Blueberries

I like to make a very simple parfait with vanilla yogurt and top with blueberries.

I also usually look around to see if I can add any crunch. I have used crushed cereal, cookies, graham crackers, etc.

Look around your pantry for those items that no one has finished eating!

## Egg Salad Pitas

Need: 4–5 eggs, mayo, seasonings, spinach, and carrots

I make a very basic egg salad with mayo and seasonings, then serve it in pita pockets. I microwave the pitas for 15 seconds, stuff them with spinach, and then top with egg salad. I will also serve these with carrots on the

side for a little crunch!

## Unstuffed Peppers Skillet

Need: 1lb ground sausage or ground turkey, 2 bell peppers, 1 onion, 14.5oz can Diced Tomatoes, 1 cup white rice, 2 cups water, 1 cup shredded pepper jack cheese

1. Cook 1 cup white rice in 2 cups of water until tender. Set aside.
2. In a large skillet, brown sausage and drain any excess grease.
3. Chop the bell peppers and onions into a medium dice, and add to pan with sausage. Cook until tender (about 7–8 minutes)
4. Add in diced tomatoes and cooked rice. Stir well to combine and cook over medium heat until most of the tomato juice is gone.
5. Top with shredded cheese and put on the lid to melt.
6. We usually serve this with butter bread on the side!

\*You can easily add extra veggies to this skillet as well! Great way to use up odds and ends.\*

# Day 4

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Hard Boiled Eggs, Toast, & Watermelon

Dinner Leftovers

Grilled Chicken Pita Pockets with Potato Wedges

## Grilled Chicken Pita Pockets

1-1.5lbs chicken breasts, Italian Dressing, 1 onion, 1 tomato, 4 pita breads, 4-5 potatoes, oil, seasoning. spinach, feta cheese

1. These chicken breasts tend to be very large so I like to cut them in half and sometimes in half again. We will marinade them in Italian Dressing in a ziploc style bag for at least 1-2 hours.
2. Grill your chicken on a hot grill for about 7-8 minutes on each side until fully cooked. Let the chicken rest 5-10 minutes before slicing.
3. Wash and cut your potatoes into wedges. I like to drizzle the potatoes with oil and my favorite seasonings, then place them in the air fryer. Air fry for 20 minutes on 375 degrees, and flip/toss them about half way through.
4. To assemble the pockets, I like to slice the tomato and onions into long strips and mix that with chopped spinach in a bowl. I fill each pocket with the veggies and then top with the chicken, a little extra Italian dressing, and a sprinkle of feta cheese.
5. You can also premix all veggies, a little dressing, chopped chicken, and feta all together and then stuff each pocket!

\*If your pita is a little hard, microwave them for 10-15 seconds to soften them!\*

## Snacks

Watermelon

Peanut Butter Sandwiches

Tortilla Chips

Hard Boiled Eggs

Carrot Sticks

Yogurt & Blueberries

# Day 5

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Peanut Butter Oatmeal

Ham & Macaroni Salad

Grilled Cheese Roll-Ups with Tomato Soup

## Ham & Macaroni Salad-

Need: 8oz elbow macaroni, 3/4 cup mayo, 1/4 cup Italian Dressing, Shredded Carrots,  
Chopped Ham Lunchmeat

1. Boil pasta until tender, then drain. Place pasta in ice bath to stop cooking.
2. In small bowl, combine mayo and Italian dressing.
3. In large bowl, mix together pasta, carrots, and chopped ham. Stir in dressing, and let chill before serving!

## Grilled Cheese Rollups with Tomato Soup

Need:

8 Slices of bread

8 slices of American cheese

Butter

Mayo

26oz can of Tomato Soup

14.5oz can Italian Diced Tomatoes

1. With a rolling pin, roll each slice of bread flat. Brush the top with a little melted butter. Let each piece sit while you do them all at one time.
2. Flip the bread over and lightly spread mayo on each piece and top with a slice of cheese.
3. Roll each piece of bread and leave seam side down.
4. Air Fry at 400 degrees for 4 minutes, then flip and air fry another 4 minutes!
5. In a sauce pan, combine tomato soup with Italian diced tomatoes. Warm over medium heat.
6. Serve the soup with the grilled cheese on the side. Don't forget to dip your grilled cheese into the soup!

# Day 6

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Vanilla Yogurt with Blueberries

Dinner Leftovers

Cowboy Chicken Coleslaw

## Cowboy Chicken Coleslaw

Need:

1-2 Grilled or precooked Chicken Breasts (chopped)	1/2 cup mayo
16oz coleslaw mix or sliced cabbage	1/2 cup sour cream
15oz can of black beans	1 lime (juiced)
14.5 oz can of corn	1 tbsp sugar
	taco seasoning

1. In a large bowl, combine cooked chicken, coleslaw, rinsed & drained black beans, and drained corn.
2. In a small bowl, combine mayo, sour cream, lime juice, sugar, and taco seasoning to taste. Whisk until smooth.
3. Stir the dressing into the coleslaw bowl until everything is coated.
4. You can serve this room temperature or cold!

Depending on what you like, you can also add shredded carrots, bell pepper, diced jalapenos, shredded cheese, etc. This is an easy way to use up leftovers and very versatile!

## 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!