

# Family Meal Plan for a week under \$100

(Serves 4)

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	BREAKFAST	LUNCH	DINNER
Day 1	Huevos Rancheros with Hashbrowns	Tuna Patties with Salad	Crockpot Pork Roast with Celery, Carrots, & Potatoes
Day 2	Cottage Cheese Pancakes with Fruit	Dinner Leftovers	Crispy Chicken Strips with Lemon Rice & Green Beans
Day 3	Pulled Pork & Egg Quesadillas	Cheesy Bean Burritos	Chicken Spinach Orzo Salad
Day 4	Corn Flakes Cereal with Bananas	Dinner Leftovers	BBQ Pulled Pork Sandwiches with Slaw & Potato Wedges
Day 5	Cottage Cheese Pancakes with Fruit	Chicken Strip Wraps with Coleslaw	Crockpot Chicken a la King with Rice
Day 6	Corn Flakes Cereal with Bananas	Dinner Leftovers	Chicken Mushroom Asparagus Pasta with Garlic Bread
Day 7	Leftovers	Leftovers	Leftovers

Sweet Treat: Kool-Aid Pie

## Groceries Needed:

### Produce

Onion x2  
Lettuce  
Potatoes (5lb)  
Carrots (1lb)  
Celery  
Lemon Juice  
Spinach (10oz)  
Roma Tomatoes (x3)  
Bananas  
Coleslaw Mix or Cabbage (16oz)  
Bell pepper (x2)  
Asparagus  
Mushrooms (8oz)

### Meat

Chicken Breasts (5lb)  
Pork Roast (4-4.5lbs)

### Dairy

Eggs (18ct)  
Cheddar Cheese (1lb)  
Cottage Cheese (24oz)  
Parmesan Cheese (6oz)

### Frozen

Mixed Fruit (16oz)  
Sweet Peas (12oz)  
Whipped Topping (8oz)

### Pantry

Salsa  
Tuna (12oz)  
Green Beans (14.5oz)  
Corn Flakes cereal  
Italian Dressing  
White Rice (1lb)  
Chicken Broth (48oz)  
Tortillas (20ct)  
Orzo Pasta (1lb)  
Chickpeas (15oz)  
Hamburger Buns  
BBQ Sauce  
Refried Beans (16oz)

### Pantry

Continued  
Bowtie Pasta (1lb)  
Chili Powder  
Sweetened Condensed Milk (14oz)  
Kool Aid Pack  
Graham Crackers

# SHOPPING LIST

## PRODUCE

- Onion x2
- Lettuce
- Potatoes (5lb)
- Carrots (1lb)
- Celery
- Lemon Juice
- Spinach (10oz)
- Roma Tomatoes (x3)
- Bananas
- Coleslaw Mix or  
Cabbage (16oz)
- Bell pepper (x2)
- Asparagus
- Mushrooms (8oz)

## MEAT DEPT

- Chicken Breasts (5lb)
- Pork Roast (4-4.5lbs)

## DAIRY

- Eggs (18ct)
- Cheddar Cheese (1lb)
- Cottage Cheese (24oz)
- Parmesan Cheese (6oz)

## PANTRY

- Salsa
- Tuna (12oz)
- Green Beans (14.5oz)
- Corn Flakes cereal
- Italian Dressing
- White Rice (1lb)
- Chicken Broth (48oz)
- Tortillas (20ct)
- Orzo Pasta (1lb)
- Chickpeas (15oz)
- Hamburger Buns
- BBQ Sauce
- Refried Beans (16oz)
- Bowtie Pasta (1lb)
- Chili Powder
- Sweetened Condensed  
Milk (14oz)
- Kool Aid Pack
- Graham Crackers

## FROZEN

- Mixed Fruit (16oz)
- Sweet Peas (12oz)
- Whipped Topping (8oz)

This is assuming you already have: your preferred cooking oil , sugar, butter, flour, vinegar/pickle juice, and your favorite seasonings.

# Day 1

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Huevos Rancheros with Hashbrowns

Tuna Patties with Salad

Crockpot Pork Roast with Celery, Carrots, & Potatoes

## Huevos Rancheros

Need: cooking oil, 1/2 onion, chili powder, 2-3 potatoes (diced), 4 eggs, 1 cup salsa, shredded cheddar cheese

1. Cook chopped onion in a skillet and season with a little chili powder. Once tender, add in diced potatoes and let cook until browned. This can take 10-15 minutes depending on size and amount of potatoes.
2. Make 4 indents in the potatoes and add an egg to each. Pour salsa around the eggs. Sprinkle cheese on top of the salsa.
3. Place lid on pan and let cook until eggs are runny or firm depending on how you like your eggs.

Tuna Patties with Salad – Need: 2 eggs, 12oz can of tuna, 2 tsp lemon juice, 1/2 cup crushed corn flakes, cooking oil, Lettuce, Italian Dressing

1. In a bowl, combine eggs, drained & rinsed tuna, lemon juice, and crushed corn flakes. Stir well and add your favorite seasonings like salt, pepper, garlic. Form 4 large patties or 8 medium patties.
2. In a skillet, fry the patties in oil until golden brown. Serve with chopped lettuce and Italian Dressing.

## Pork Roast

Need: 4-4.5lb pork roast, 4 potatoes, 3-4 carrots, 3-4 celery stalks, favorite seasonings, water or chicken broth, 2 tbsp butter, 2 tbsp flour

1. Depending on the size of your crockpot and the size of the roast, you may need to cut it down into smaller pieces to fit. We will use this roast for multiple meals so I like to keep the seasoning mild. I typically use a garlic and herb blend.
2. I like to cut my potatoes into wedges, and then cut the celery/carrots into rounds. I place these around the roast as best as I can. Next add either just water, or a combo of water & chicken broth. I like to fill mine until the pork is mostly covered.
3. Cook on high for 3-4 hours, or on low for 6-8 hours. Total time will depend on the size and weight of your pork roast.
4. Near dinner time, I like to pull the meat out of the crock pot, and then pull my potatoes and veggies into a separate bowl. I will take 1 cup of the liquid to make gravy (In sauce pan: melt 2 tbsp butter, add 2 tbsp flour, mix well and let cook until it starts to brown. Using a whisk add in 1 cup of juice and let boil while stirring to thicken.
5. Serve pork with gravy, and potatoes, carrots, and celery on side or all in one bowl!

# Day 2

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Cottage Cheese Pancakes with Fruit

Dinner Leftovers

Crispy Chicken Strips with Lemon Rice & Green Beans

Cottage Cheese Pancakes Need: 3 eggs, 1 cup cottage cheese, 1/3 cup flour, 2 tbsp veggie oil, 8 oz frozen fruit or fresh fruit

1. In a bowl beat eggs, and then add cottage cheese, flour, and oil. Heat some oil in a pan or flat top, and then make silver dollar or medium sized pancakes. (If you make them too big, the center doesn't fully cook). Once golden brown flip, and cook the other side.
2. Microwave frozen fruit plain or add a little brown sugar or honey. Top pancakes with butter and fruit!

## Crispy Chicken Strips, Lemon Rice, & Green Beans

Need: 4 chicken breasts (3lbs), 2 cups corn flakes, pan spray, 1/2 onion, 1-2 celery stalks, 1.5 cup white rice, 1.25 cup chicken broth, 1 cup water, 3 tbsp lemon juice, 14.5oz can of green beans

1. In a food processor, add your corn flakes and process till mostly smooth. I pour this into a bowl and add seasoning like dry Ranch seasoning or any blend you like. Then I cut each chicken breast into 1 inch wide strips. Dredge the strips into the seasoned corn flakes and arrange in air fryer. Air Fry at 380 degrees for 14-18 minutes (this will vary depending on thickness), I flip these half way and keep an eye on them. Let rest for 5 minutes after cooking.
2. Chop onion and celery into small dice, then saute in saucepan on the stovetop for 4-5 minutes. Once these are tender, add in rice and stir for a few minutes. Add in chicken broth, water, and lemon juice. Heat to boiling, then reduce and let cook covered for about 10-12 minutes until rice is tender. Stir in your favorite fresh or dried herbs (we use parsley, dill, or an herb blend).
3. For the green beans, I like to drain them and then saute in butter. I will also add garlic powder and black pepper, but you can season them anyway you like.
4. Serve the chicken strips with your preferred dipping sauce (bbq, ranch, honey mustard, etc)!

# Day 3

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Pulled Pork & Egg Quesadillas

Cheesy Bean Burritos

Chicken Spinach Orzo Salad

## Pulled Pork and Egg Quesadillas

leftover pulled pork, 4 eggs, shredded cheese, tortillas

We will make some simple breakfast quesadillas using the pork with scrambled eggs. topped with cheese and folded over in a pan. You can also add your favorite sauce like BBQ and any veggies you have!

## Cheesy Bean Burritos

Need: 16oz refried beans, salsa, any leftover rice, shredded cheese, lettuce, tomatoes, etc.

I like to start with a microwave safe bowl and mix my refried beans with salsa and leftover rice. I heat this up for about 1 minute and stir well. Keep repeating until hot. Assemble burritos in tortillas, top with cheese and any other toppings you wish!

## Chicken Spinach Orzo Salad

Need: 2 chicken breasts, 1.75 cups chicken broth, 1.5 cups orzo pasta, 4 cups spinach, 2 Roma tomatoes, 15oz can of chickpeas, Italian Dressing or Vinaigrette

1. This is a great dish to use up leftover grilled chicken or you can start by cubing 2 chicken breasts. Season well with your favorite seasoning, I prefer an Italian blend. Cook this in a skillet until lightly browned and fully cooked. Set aside.
2. In a saucepan, add your chicken broth and allow to boil. Add in your orzo pasta and cook over medium heat about 10 minutes. (This will soak up most of your chicken broth). I let this sit for about 5 minutes to cool down before moving on to the next step.
3. In a large bowl, toss together your cooked chicken, cooked orzo pasta, and your washed spinach. (This will wilt your spinach a little) Next add your chopped Roma Tomatoes and drained/rinsed chickpeas.
4. Add Italian dressing and stir the salad to coat. We want a light coating, not a drowning.

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

# Day 4

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Corn Flakes Cereal with Bananas

Dinner Leftovers

BBQ Pulled Pork Sandwiches with Slaw & Potato Wedges

## BBQ Pulled Pork Sandwiches

16oz coleslaw mix or cabbage, 1/2 cup mayo, 2 tbsp sugar, 1.5 tsp lemon juice, 1 tbsp vinegar or pickle juice, 4–5 potatoes, remaining leftover pork, Hamburger Buns, BBQ sauce,

1. In a small bowl, combine mayo, sugar, lemon juice, and vinegar or pickle juice. You can also add your favorite coleslaw seasonings but I like to stick to just salt and pepper if I use pickle juice. Pour dressing over cabbage and stir well. Place in fridge to chill.
2. Wash and cut your potatoes into wedges. Drizzle with oil and favorite seasoning. Place evenly in air fryer basket, air fry for 14–18 minutes at 400 degrees. I like to flip halfway. (Time may vary depending on shape and thickness of the potato wedges.)
3. Shredded pork with 2 forks, may need to warm the meat up in the microwave to get it to shred well. Drizzle pork with BBQ sauce, and set aside.
4. Assemble your BBQ pork on hamburger buns and serve with coleslaw and potato

## Kool-Aid Pie

Need: 1 pack graham crackers (11–12 sheets), 1/2 cup butter melted, 14oz sweetened condensed milk, 1 Kool Aid pack any flavor, 8oz whipped topping,

1. In a food processor, make your graham crackers into crumbs. Combine the crumbs with melted butter and then press into a pie pan.
2. In a large bowl, combine Kool Aid pack with condensed milk and stir until combined. Fold in your whipped topping carefully. Just want to combine, don't mix this too hard.
3. Pour filling into your pie crust and let chill for at least 2 hours before serving! This can be made overnight as well!

# Day 5

Cottage Cheese Pancakes with Fruit

Chicken Strip Wraps with Coleslaw

Crockpot Chicken a la King with Rice

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## Chicken Strip wraps

Need: leftover chicken strips, tortillas, leftover coleslaw, favorite dipping sauce.

1. We will make some basic chicken wraps with our leftover chicken (depending on what you have left- I will sometimes chop these up to make it stretch further).
2. Top with coleslaw and your favorite sauce wrapped in a tortilla!

## Crockpot Chicken a la King

Need: 2 chicken breasts (1lb), 1-2 celery stalks, green bell pepper, 1/2 onion, 2 cups chicken broth, 3tbsp flour, 12oz bag of frozen peas, 1.5 cups of white rice, 3 cups water

1. Cube chicken breasts and chop celery, bell pepper, & onion into a medium dice.
2. In your slow cooker, combine chicken broth, flour, and your favorite seasonings. Whisk until flour is smooth.
3. Add in chicken, celery, bell pepper, and onion. Stir well.
4. Cover and let cook on high for 3-4 hours or on low for 7-8 hours.
5. Closer to dinner time, stir in frozen peas and let cook for another 30 minutes.
6. Cook some basic rice on the stovetop. Use 1.5cups dry rice to 3 cups of water.
7. We like to serve the chicken and veggies over the rice in a bowl!

## Fruit Ideas:

We left lots of wiggle room this week in the budget, so I would definitely grab a bag of clementines (\$3.97), bag of Fuji apples (\$3.86), 1lb of Kiwis (\$2.78), or a watermelon (\$3.87-5.68).

# Day 6

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Corn Flakes Cereal with Bananas

Dinner Leftovers

Chicken Mushroom Asparagus Pasta with Garlic Bread

## Chicken Mushroom Asparagus Pasta

Need:

8oz bowtie pasta

2 Chicken Breasts

Asparagus

1 Bell Pepper

8oz fresh mushrooms

Parmesan Cheese

1 cup chicken broth

1. Boil water for bowtie pasta and cook until tender, drain and set aside.
2. In a large skillet over medium heat, add cubed chicken breasts and cook for 7–7 minutes until fully cooked. I like to season the chicken with garlic, salt/pepper, or occasionally use dry ranch seasoning.
3. Add in the trimmed asparagus, chopped bell pepper, and sliced mushrooms. Saute for 2–3 minutes.
4. Once veggies start to soften, add in 1 cup of chicken broth. Bring to a boil and then reduce heat and let simmer for 2–3 minutes.
5. Add cooked pasta to the pan, and stir well to coat. Let pasta sit for a few minutes to soak up some of the chicken broth.
6. Top with Parmesan cheese before serving!

\*\*We will use up any leftover hamburger buns by making garlic bread or parmesan cheesy bread!\*\*

## 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!