

Family Meal Plan for a week under \$100 (Serves 4)

	BREAKFAST	LUNCH	DINNER
Day 1	Pear Oatmeal	Hot Ham & Cheese Sandwiches	Baked Chicken Leg Quarters with Potatoes
Day 2	Bacon Quiche Tarts	Pulled Chicken Baked Potatoes	Pork Parmesan with Garlic Rice
Day 3	Bacon Quiche Tarts	Leftovers	Chicken and Stars Soup
Day 4	Peach Oatmeal	Leftovers	Crockpot Smoked Sausage and Potatoes
Day 5	Veggie English Muffins	Leftovers	Ground Turkey Burrito Bowls
Day 6	Veggie English Muffins	Ground Turkey Burritos	Pork Lo Mein
Day 7	Leftovers	Leftovers	Leftovers

SHOPPING LIST

PRODUCE

- Potatoes (5lb)
- Baby Carrots (1lb)
- Garlic
- Onion (x2)
- Celery
- Lettuce
- Tomato (x3)
- Cucumber
- Avocado
- Mushrooms (8oz)
- Fresh Ginger

MEAT DEPT

- Chicken Leg Quarters (10lb)
- Ham Lunch Meat (10oz)
- Chopped Bacon (2.5oz)
- Pork Loin (4-5lbs)
- Smoked Sausage (12-14oz)
- Ground Turkey (1lb)

DAIRY

- Sliced Cheddar (12ct)
- Cream Cheese (8oz)
- Crescent Rolls (8ct)
- Eggs (dozen)
- Milk (1/2 gal)
- Cheddar Cheese (8oz)
- Mozzarella Cheese (8oz)

PANTRY

- Pears (14.5oz)
- Peaches (14.5oz)
- Quick Oats (18oz)
- Sandwich Bread (20oz)
- BBQ Sauce
- Italian Style Breadcrumbs
- White Rice (1lb)
- Tomato Sauce (8oz)
- Chicken Broth (32oz)
- Star Pasta (7oz)
- English Muffins (12pk)
- Turmeric
- Pinto Beans (15oz)
- Taco Seasoning
- Tortilla Chips
- Thin Spaghetti (1lb)
- Soy Sauce
- Rice Vinegar
- Corn Starch
- Sesame Oil
- White Sugar
- Flour

FROZEN

- Green Beans (12oz)
- Chopped Spinach (12oz)
- Stir Fry Veggies (20oz)

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

Day 1

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Pear Oatmeal

Hot Ham & Cheese Sandwiches w/ Tortilla Chips

Baked Chicken Leg Quarters with Potatoes & Carrots

Pear Oatmeal

Need: 14.5oz can of pears, 2.75 cups of water, 2 cups quick oats, (optional: brown sugar, honey, cinnamon, vanilla)

1. Drain pears but pour the juice into a saucepan. Chop pears and put aside.
2. Add water to the saucepan with the juice and bring to a boil.
3. Reduce heat and stir in oats. Cook uncovered for 1–2 minutes and then remove from heat. Let stand for a few minutes until it reaches desired thickness.
4. Top with chopped pears and any optional items.

Hot Ham & Cheese Sandwiches

Super simple sandwiches made with ham, sliced cheese, and then this can be grilled on a George Foreman, sauteed in a pan Grilled Cheese Style, or heated in an Air Fryer. (We don't have leftovers yet, so we will start our lunches very basic.) Serve with Tortilla Chips!

Baked Chicken Quarters

Need:

10lb bag of leg quarters, oil, favorite seasonings, 4 potatoes, 1lb baby carrots

1. Drizzle the leg quarters with oil, and then add your favorite seasoning. We will be cooking them all today, so it will probably take 2 pans to spread them all out. (I usually put 4 on one pan and leave room for potatoes. The other 6 I will season very basic with just salt, pepper, garlic because these will be used for other meals!)
2. Wash and cut potatoes into 1 inch chunks. Combine with baby carrots then drizzle with a oil and a different seasoning. I usually go with French Fry Seasoning or a Garlic and Herb blend.
3. These will bake in 400 degree oven for about 45 minutes. Timing can vary depending on size of chicken.
4. About half way into baking, I will turn and rotate the potatoes and carrots. Once the chicken is fully cooked (check with thermometer), I will let the chicken rest 5–10 minutes before serving.

Prep Ahead:

Take the 6 cooked chicken leg quarters and go ahead and pull off all the meat. We will split this into 2 containers.

1. At least 1–2 cups for soup

2. The rest for pulled chicken potatoes

You can go ahead and chop the chicken for soup, and add BBQ sauce to the pulled chicken so it's ready to go.

Day 2

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Bacon Quiche Tarts (Makes 8)

Need: 4 oz cream cheese (softened),
1/8 cup of milk, 2 eggs, 1/2 cup
shredded cheddar cheese, 1 tube
crescent rolls,
1/2 cup chopped bacon

1. Beat cream cheese and milk together until smooth. Add in eggs and cheese and combine well.
2. Separate crescent rolls, and line the bottom of a grease muffin tin with each roll.
3. Sprinkle half the bacon on the bottom of each cup, then pour the egg mixture into each, then top with remaining bacon.
4. Bake in 375 degree oven for 18–22 minutes.

Pulled Chicken Baked Potatoes

You can bake pre-bake your potatoes in the oven, air fryer, or microwave. Top the potatoes with pulled chicken that we made the night before.

Bacon Quiche Tarts

Pulled Chicken Baked Potatoes

Pork Parmesan with Garlic Rice & Green Beans

Pork Parmesan with Garlic Rice

Need: 4–5lb pork loin, 1/4 cup flour, 1 egg, 1/2 cup Italian Style breadcrumbs, 2–3 cloves of garlic, favorite seasonings, 1 cup white rice, 2 cups of water, 8 oz can Tomato Sauce, 1/2 cup mozzarella cheese, 12oz bag of green beans

1. Use about 2/3 of the pork loin for thin chops and save the rest. Depending on thickness, ideally want about 6–8 thin pork chops.
2. Dredge the pork chops in the flour, then dunk into a beaten egg with water, and then coat with breadcrumbs. Place breaded pork chops on a greased baking sheet. Bake for 20–25 mins in 350 degree oven. Flip about halfway so both sides get crunchy.
3. In a sauce pot, saute your minced garlic in oil or butter for about 1–2 minutes. Add in white rice and stir for about 2 minutes. Add in additional seasonings like an Herb Blend or Italian Seasoning. Slowly add water and stir well. Bring this to a boil, then reduce heat and cover. Simmer for 15–20 minutes until rice is tender.
4. Top each pork loin with a spoonful of sauce and a sprinkle of shredded mozzarella. Let bake another 5–7 minutes until cheese is melted.
5. Saute in a pan or microwave green beans. (If you have any leftover bacon you can add it to the beans!)

Prep Ahead:

Go ahead and cut the remaining 1/3 of the pork loin into chunks and place in container for another meal.

Day 3

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Bacon Quiche Tarts

Dinner Leftovers

Chicken and Stars Soup

Reheating Bacon Quiche Tarts

To reheat the tarts, I wrap them in a paper towel then microwave for 20–45 seconds.

Chicken and Stars Soup

Need:

1 onion (chopped)	32 oz chicken broth
2–3 ribs of celery (chopped)	4 cups water
any leftover carrots (chopped)	1–2 cups leftover cooked chicken (chopped)
2 cloves of garlic (minced)	
Favorite Seasonings	7oz bag of stars pasta

1. In a large pot, we will saute our onion, celery, carrots, and garlic for about 4–5 minutes until soft.
2. Add in your favorite seasonings for chicken soup. I like to use poultry seasoning and an herb blend.
3. Pour in chicken broth and water, bring this to a boil.
4. Add in chopped chicken and star pasta.
5. Let this simmer for about 10–15 minutes.
6. The longer this simmers the more liquid the stars will absorb.
7. Serve with 4 butter toasted English Muffins!

Homemade Chicken Broth:

Since we pulled the chicken off of leg quarters, we can use those bones to make our own chicken broth. I place the bones, any veggie scraps, and water in a crockpot. I let this cook for 4–5 hours on high heat (7–8 hours on low). Then strain the broth and use right away or place in ice cube trays for later! (1 cube equals about 1 oz)

Day 4

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Peach Oatmeal

Dinner Leftovers

Crockpot Smoked Sausage and Potatoes with Side Salad

Peach Oatmeal

Need: 14.5oz can of peaches, 2.75 cups of water, 2 cups quick oats, (optional: brown sugar, honey, cinnamon, vanilla)

1. Drain peaches but pour the juice into a saucepan. Chop peaches and put aside.
2. Add water to the saucepan with the juice and bring to a boil.
3. Reduce heat and stir in oats. Cook uncovered for 1–2 minutes and then remove from heat. Let stand for a few minutes until it reaches desired thickness.
4. Top with chopped peaches and any optional items.

Crockpot Sausage & Potatoes

Need: 4–5 potatoes, 12–14oz smoked sausage, 1 onion chopped, 8oz shredded cheddar cheese, 2 cups milk, 3 tbsp flour, favorite seasonings.

1. Wash and slice potatoes into thin rounds. Chop smoked sausage into quarter moons. (slice lengthwise for 1/2 moon shape, then slice in half lengthwise again, then chop into chunks)
2. Arrange a layer of potatoes at the bottom, top with onion, sausage, and cheese. Repeat another layer of potatoes, then onion, sausage, and cheese until everything is in the pot.
3. In a medium bowl, whisk together milk, flour, and your favorite seasonings like salt, pepper, garlic powder, etc. until milk is smooth.
4. Evenly pour the milk mixture over the potatoes and sausage. The milk will seep down to the different layers.
5. Cook on low for 5–6 hours until potatoes are tender.
6. Once it is dinner time, we will chop lettuce, tomatoes, and cucumbers for an easy side salad. Use whatever salad dressing is already in your fridge!

Save lettuce & tomato for tomorrow night

Day 5

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Veggie English Muffins

Dinner Leftovers

Ground Turkey Burrito Bowls

Veggie English Muffins

Need: 12oz bag of chopped frozen spinach, 6 eggs, 1/2 cup of milk, Favorite Seasonings, 8 English Muffins, 4 slices of Cheddar Cheese

1. Defrost spinach in the microwave for about 2 minutes. Using a colander, squeeze out excess liquid.
2. In a bowl, whisk together eggs, milk, and favorite seasonings. I usually go with a garlic pepper blend. Add spinach to the bowl, and stir well.
3. Pour the egg mixture into a well greased 9x13 pan. (I like to use my glass lasagna pan). Bake in 350 degree oven for about 30 minutes until eggs are set. Allow to cool for 5 minutes, then slice into 8 sections. Top each section with cheese.
4. Toast English Muffins then place a section of egg on to each muffin. (These can be made ahead and frozen. Then reheat in the microwave!)

Ground Turkey Burrito Bowls

Need: 2 tbsp cooking oil, 1 cup of rice, 1 tsp turmeric, 2 cups of water, 1lb ground turkey, 15oz can of pinto beans, taco seasoning, Chopped Lettuce, Chopped Tomatoes, Shredded Cheddar Cheese, Avocado chopped, tortilla chips

1. Heat oil in a saucepot, then add in rice and turmeric. Let cook for 1–2 minutes. Slowly add in water and bring to a boil. Reduce heat, cover, and let simmer for 15–20 minutes until rice is tender.
2. In a skillet, brown ground turkey and once cooked drain any excess grease. Add in pinto beans and taco seasoning and stir well over medium heat for 4–5 minutes until beans are hot.
3. Place rice in the bottom of the bowl, top with meat & beans, then add your favorite toppings!

Day 6

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Veggie English Muffins

Ground Turkey Burritos

Pork Lo Mein

Ground Turkey Burritos

We will take all leftover taco meat & beans, yellow rice, lettuce, tomato, etc from the night before and create easy burritos using flour tortillas!

Pork Lo Mein

Need:	1/2 tsp sesame oil
8oz thin spaghetti	2 tbsp cooking oil
1/3 cup soy sauce	1/3 pork loin (cut into chunks)
2 tbsp rice vinegar	8oz fresh mushrooms (sliced)
2 tsp corn starch	20oz frozen stir fry veggies
1 tsp white sugar	3 cloves garlic (minced)
	1/2 tsp fresh ginger (minced or grated)

1. Boil water in pot for pasta. Once fully cooked, drain pasta and set aside.
2. In a bowl, whisk together soy sauce, rice vinegar, corn starch, white sugar, and sesame oil,
3. Heat cooking oil in a large skillet, then add pork loin and sliced mushrooms. Cook until pork turns white, and mushrooms soften. Add in frozen stir fry veggies, minced garlic, and fresh ginger.
4. Once veggies are no longer frozen, stir in soy sauce mixture. Cook over medium heat for about 1-2 minutes for the sauce to thicken. Stir in cooked noodles and serve!

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!