

Family Meal Plan for a week under \$100

(Serves 4)

Week #50

	BREAKFAST	LUNCH	DINNER
Day 1	Ham & Potato Casserole	Pepperoni Pita Pizzas	Mississippi Chicken with Mashed Potatoes
Day 2	Ham & Potato Casserole	Italian Style Pasta Salad	Shrimp & Grits
Day 3	Sheet Pan Pancakes	Leftovers	Slow Cooker French Onion Soup with Bread
Day 4	Sheet Pan Pancakes	Leftovers	Salsa Chicken with Rice
Day 5	Parmesan Grits with Bacon	Leftovers	Tuna Noodle Casserole with Salad
Day 6	Sweet Grits	Chicken Nachos	Red Beans & Rice
Day 7	Leftovers	Leftovers	Leftovers

SHOPPING LIST

PRODUCE

- Potatoes (5lbs)
- Onions (3lbs)
- Garlic
- Roma Tomatoes (x4)
- Lemon (x1)
- Bananas (x4)
- Green Bell Pepper
- Celery
- Mushrooms (8oz)
- Lettuce

MEAT DEPT

- Ham- chopped (8oz)
- Pepperoni (6oz)
- Chicken Breasts (5lbs)
- Shrimp-Raw (12oz)
- Bacon (12oz)
- Smoked Sausage (12oz)

DAIRY

- Milk (gallon)
- Cheddar Cheese (16oz)
- Mozzarella Cheese (8oz)
- Butter (1lb)
- Parmesan Cheese (6oz)

FROZEN

- Mixed vegetables (12oz)
- Corn (12oz)
- Sweet Peas (12oz)

PANTRY

- Chicken Broth (32oz)
- Pita Bread (6ct)
- Tomato Sauce (8oz)
- Ranch Seasoning Pack
- Chicken Gravy Pack
- Pepperoncini Peppers
- French Bread
- Egg Noodles (16oz)
- Italian Dressing
- Grits
- Green Beans (14.5oz)
- Pancake Mix
- Salsa (16oz)
- Taco Seasoning
- White Rice (1lb)
- Pancake Syrup
- Dry Red Beans (1lb)
- Cajun/Creole Seasoning
- Cornbread Mix
- Tuna (12oz)
- Tortilla Chips

Day 1

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Ham & Potato Casserole

Pepperoni Pita Pizzas

Mississippi Chicken with Mashed Potatoes & Mixed Veggies

Ham & Potato Casserole

Need: 2lbs potatoes (4-5), 8oz chopped ham, 1/2 onion (chopped), 1-2 cloves of garlic (minced), 3 tbsp flour, 1/2 cup chicken broth, 1.5 cups milk, favorite seasonings, 1 cup shredded cheddar cheese.

1. Wash and chop potatoes, then add to water in large pot. Let boil for 5-6 minutes. Drain potatoes and add to greased casserole dish.
2. In a skillet, brown ham for 2-3 minutes, and then pour on top of potatoes. Add onion & garlic to pan and cook until tender.
3. Sprinkle pan with flour and cook 1-2 minutes. Slowly add chicken broth and milk while stirring. Add your favorite seasonings and allow to thicken over medium heat. Add 1/4 cup cheese to pan and let melt. Pour this mixture over the ham & potatoes in dish.
4. Mix well and top with remaining cheese. Bake in 400 degree oven for 25-30 minutes.

Pepperoni Pita Pizzas

Need: Pita Bread, 4oz tomato sauce, shredded mozzarella cheese, pepperoni

*Assemble pizzas with sauce, cheese, and pepperoni on top. We like to bake these in the oven at 350 degrees for about 5-8 minutes until melty. (You can also do these in the air fryer)

Mississippi Chicken

Need: 2-3 chicken breasts, 1 stick butter, 1 ranch seasoning pack, 1 chicken gravy pack, 1/2 cup pepperoncini peppers, 12oz bag frozen mixed vegetables, 2lbs potatoes, milk, butter, French Bread

1. Place chicken at the bottom of a greased crockpot. Top with sliced butter, ranch pack, gravy pack, and peppers. Cook 4-5 hours on high, 7-8 hours on low.
2. Closer to dinner time, we will add our frozen vegetables to the crockpot, and use forks to shred the chicken.
3. Wash and chop potatoes, then boil potatoes in water on the stovetop until softened.
4. Drain potatoes and then using a hand mixer or fork, mash potatoes. Add butter and or milk to make your desired thickness of mashed potatoes.
5. We like to serve the chicken and veggies over the mashed potatoes but you can serve separately.
6. Serve with a slice of French Bread.

Day 2

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Italian Style Pasta Salad

Need: 8oz egg noodles, Italian Dressing, Chopped Pepperoni, 2 roma tomatoes (chopped) Optional: olives, mozzarella cheese, feta cheese, veggies.

1. Boil noodles until tender, then drain and place in ice bath to cool down quickly. Drain again once fully cooled.
2. Add chopped pepperoni and tomatoes (plus any optional items), Mix well and slowly add Italian Dressing. We want coated, not swimming noodles.
3. Refrigerate for 1–2 hours before serving.

*This can easily be made ahead of time, but don't add any cheese (shredded or chunks) until prior to serving. These can get gummy if sitting in dressing too long.

Ham & Potato Casserole

Italian Style Pasta Salad

Shrimp & Grits with Green Beans

Shrimp & Grits

Need: 4 cups water, 1 cup grits, 6oz bacon (chopped), 12oz raw shrimp (deveined & peeled), 1 lemon (zest & juice), 1 clove garlic (minced), 1 cup shredded cheddar cheese, 14.5oz green beans

1. Bring water to a boil, stir in grits. Reduce heat to low and cover. Cook 15–20 minutes until desired texture.
2. While that is cooking, fry chopped bacon in a pan. Set bacon aside and drain most of the grease but leave some in pan (1–2 tbsp).
3. Add in shrimp and let cook until they turn pink. Add lemon juice, garlic, and cooked bacon to the pan. Stir well and let cook about 2–3 minutes.
4. Once grits are cooked, stir in shredded cheddar cheese until melted.
5. You can add the drained green beans directly to the pan with the shrimp & bacon to warm up, microwave them, or saute in a separate pan. My kids prefer them served separately.
6. We serve this bowl style with grits on the bottom then top with bacon & shrimp mixture. Garnish with lemon zest at the end.

*We also usually serve with a slice of bread on the side!

Reheat Ham & Potato Casserole

We reheat in the microwave, but you can reheat in the oven if needed. If you reheat in the oven, I occasionally add a little water and cover with foil to keep it from being dry and getting too browned.

Day 3

Sheet Pan Pancakes

Dinner Leftovers

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Slow Cooker French Onion Soup with Bread & Side Salad

Sheet Pan Pancakes

Need: 4 cups pancake mix

2 cups water

2 bananas sliced

Pancake Syrup

1. Using a whisk, mix together pancake mix and water. Mixture should be moistened but a little lumpy. (Don't overmix!)
2. Pour pancake batter in greased or parchment/foil lined sheet pan. Add sliced bananas all over the pan and slightly press into batter.
3. Bake in 400 degree oven for about 15–20 minutes or until golden brown.
Serve with pancake syrup.
4. These can be made ahead of time and frozen. To defrost, microwave or bake.

DIY PANCAKE MIX: 4 cups all-purpose flour, 3 tbsp baking powder, 2 tsp baking soda, 1 tsp salt, 3 tbsp white sugar.

French Onion Soup

Need:

2lbs onions (thinly sliced into rings)

1/4 cup butter (melted)

1.5 tsp white sugar

Favorite Seasonings

5 cups beef broth

1 cup mozzarella cheese (shredded)

Lettuce

Roma Tomatoes (x2)

Italian Salad Dressing

1. Place onions at the bottom of the crock pot, drizzle with melted butter, sprinkle on sugar, and use your favorite seasonings. I tend to go with dried thyme, rosemary, and a bay leaf...but you can use any seasonings or an herb blend.
2. Cover and cook on high for 6 hours to caramelize the onions. (I like to stir occasionally during this time but you don't have to.)
3. Closer to dinner time, add beef broth and cook on high for 30 minutes.
4. Slice bread and toast it on a sheet pan in the oven. the oven. Portion soup into oven safe bowls and float bread on top and sprinkle with mozzarella cheese. Broil this in your oven until golden brown and melted.
You can also chop the toasted bread and place at the bottom of a bowl, sprinkle cheese, then ladle the soup on top to melt the cheese.
5. I like to serve the soup with aside salad. Go ahead and pre-chop all the lettuce and tomatoes, because we will have side salads on another night as well!

Day 4

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Sheet Pan Pancakes

Dinner Leftovers

Salsa Chicken with Rice & Corn

Sheet Pan Pancakes (Part 2)

We can do the exact same Banana Pancakes or we can see what we have already like frozen fruit, chocolate chips, brown sugar, etc. and make a different batch!

Salsa Chicken with Mexican Rice

Need: 2–3 chicken breasts, taco seasoning, 16oz salsa, 2 tbsp cooking oil, 1/2 onion (chopped), favorite seasonings or taco seasoning, 1 cup white rice, 2 cups chicken broth, 4 oz tomato sauce,
12oz bag of frozen corn

1. Lay chicken breasts at the bottom of a greased crock pot, sprinkle with taco seasoning (about 1/2 pack), and cover with salsa.
2. Cook on high for 3–4 hours or on low for 6–8 hours.
3. Closer to dinner time, we will make the Mexican rice! Start by sauteing onion in cooking oil until tender. Add your favorite Mexican seasonings like taco seasoning or cumin, oregano, garlic powder, onion powder, etc. Add rice and cook another 2–3 minutes.
4. Slowly add in chicken broth and tomato sauce. Stir well and then let this come to a boil over medium high heat. Reduce heat and cover. Let simmer for 18–20 minutes until tender.
5. Using forks, shred the cooked chicken and mix together with the salsa sauce.
6. We will serve the chicken over the rice, and you can top with shredded cheese, sour cream, lettuce, tomato, etc.

Day 5

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Parmesan Grits with Bacon

Dinner Leftovers

Tuna Noodle Casserole with Side Salad

Parmesan Grits with Bacon

Need: 6oz bacon (chopped), 4 cups of water, 1 cup grits, 1 cup parmesan cheese

1. In a sauce pot, fry chopped bacon until fully cooked. Drain grease and set cooked bacon aside.
2. Add water to the pan and bring to a boil. Stir in grits, reduce heat and cover. Let cook 15–20 minutes until desired texture. Stir in parmesan cheese until melted, then top with cooked bacon.

Tuna Noodle Casserole

Need: 8oz mushrooms, 2 tbsp oil or butter, 2 tbsp flour, 2 cups milk, 1 cup chicken broth, (optional: 4 oz cream cheese), 12oz frozen peas, 8oz egg noodles, 1/4 cup parmesan cheese, 2tbsp breadcrumbs, 12oz can tuna (drained & rinsed) For salad: lettuce, tomato, shredded cheese, salad dressing.

1. Saute mushrooms in oil or butter until softened. Season these any way you like, and set them aside.
2. Boil water and cook pasta until tender. Drain noodles and then set aside.
3. Add 2 tbsp oil/butter to the hot pan, and add flour with a whisk. Cook this for about 1 minute. Slowly add milk and broth to the flour mixture while whisking. (If adding cream cheese, you can add at this time as well and keep stirring until melted.) Sauce will thicken after liquid is added and allow to simmer for a few minutes.
4. Add frozen peas and mushrooms to the sauce. Add any additional seasonings you like. I tend to go with a garlic herb blend or just salt, pepper, and garlic powder. Stir in cooked noodles and drained/rinsed tuna to the sauce. Stir well to combine.
5. Pour mixture into a greased casserole dish. Top the casserole with a mixture of parmesan cheese and breadcrumbs. You can also use crushed crackers if you like.
6. Bake in 350 degree oven for about 25–30 minutes until golden brown. We will serve this with a side salad!

Day 6

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Sweet Grits

Chicken Nachos

Red Beans & Rice with Corn Bread

Sweet Grits: This time we will make plain grits (4 cups of water, 1 cup grits) and once it is cooked to the right texture, we will stir in chunks of butter and pancake syrup! (You can also try adding jelly, fresh or frozen fruit, brown sugar, or dried raisins & cranberries)

Chicken Nachos

Need: Tortilla chips,
Leftover Salsa Chicken,
lettuce, tomato
cheddar cheese (Shredded)

I like to make these sheet pan style! Lay tortilla chips on pan, top with chicken and cheese and then bake at 400 for 5–10 minutes until melted.

If packing for lunch, place chicken and cheese in a separate container. Heat the chicken/cheese in microwave, then pour over tortilla chips!

Red Beans & Rice

Need: 1lb dry red beans, 7 cups of water, 1 green bell pepper (chopped) 1 onion (chopped), 2–3 celery stalks (chopped), 3 cloves of garlic (chopped), 3 tbsp cajun or creole seasoning, 12oz smoked sausage (sliced), 1 cup rice, 2 cups water, corn bread mix (mine used 1 egg & 1/3 cup of milk)

1. In a crock pot, add dry red beans, water, chopped veggies, sausage, and seasonings. Cover this and let cook on high for 5–7 hours.
2. Closer to dinner time, we will make some basic white rice. Combine rice and water in a pot on the stovetop. Bring to a boil, then reduce heat, cover, and let simmer for 18–20 minutes.
3. While that is cooking, making corn bread per directions.
4. Serve the red beans & sausage over rice, or stir the rice into the red beans.

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!