

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

## Week #51

	BREAKFAST	LUNCH	DINNER
Day 1	Canadian Bacon Grilled Cheese	Tuna Melt	Roast Chicken, Veggies, and Orzo
Day 2	Sausage & Potato Skillet	Butter Noodles & Salad	Pizza Burger Sliders with Tots
Day 3	Yogurt Parfait	Leftovers	Cabbage & Veggie Soup
Day 4	Bacon Grilled Cheese	Leftovers	Italian Butter Chicken with Rice Pilaf
Day 5	Sausage & Potato Skillet	Leftovers	Enchilada Pasta
Day 6	Yogurt Parfait	Chicken Club Tots	Italian Sausage & Potato Skillet
Day 7	Leftovers	Leftovers	Leftovers

# SHOPPING LIST

## PRODUCE

- Tomato (x2)
- Zucchini (x1)
- Yellow Squash (x1)
- Red Onion (x1)
- Bell Pepper (x2)
- Potatoes (5lb)
- Yellow Onion (x2)
- Spinach (10oz)
- Cabbage (head)
- Garlic

## MEAT DEPT

- Canadian Bacon (6oz)
- Chicken Breasts (5lb)
- Breakfast Sausage Roll
- (16oz)
- Ground Pork (1.5lb)
- Pepperoni (5oz)
- Bacon (12oz)
- Chorizo (9oz)
- Italian Sausage (5ct)

## DAIRY

- Sliced Cheese (16oz)
- Mozzarella Cheese (8oz)
- Eggs (6ct)
- Vanilla Yogurt (32oz)
- Butter (8oz)

## PANTRY

- Sandwich Bread (20oz)
- Can Tuna (12oz)
- Mayo
- Mustard
- French Bread (sliced)
- Italian Dressing
- Orzo Pasta (16oz)
- Tomato Sauce (15oz)
- Italian Seasoning
- Green Beans (14.5oz)
- Shell Pasta (16oz)
- Mandarin Oranges (15oz)
- Graham Crackers
- Diced Tomatoes (28oz)
- Chicken Broth (48oz)
- White Rice (1lb)
- Black Beans (15oz)
- Tomatoes w/ Chiles (10oz)
- Corn (14.5oz)
- Enchilada Sauce (10oz)
- Taco Seasoning

## FROZEN

- Tater Tots (32oz)
- Mixed Vegetables (12oz)
- Sweet Peas (12oz)

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

# Day 1

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Canadian Bacon Grilled Cheese

Tuna Melt

Roast Chicken, Veggies, and Orzo

## Tuna Melt

Need: 12oz can of tuna, 1/2 cup mayo, 1tsp mustard, favorite seasonings, 4-8 slices French bread, 1 tomato (sliced), sliced cheese,

1. In a small bowl, combine rinsed and drained tuna, mayo, mustard, and seasonings.
2. Place slices of bread on parchment paper baking sheet and toast in 400 degree oven for 2 minutes.
3. Using a spoon, spread tuna mixture out on each slice, then top with slice of tomato and cheese.
4. Return pan back to the oven and bake 5-7 minutes until cheese is melted.

## Prep Ahead:

Save leftover roasted chicken separately, for another lunch later on! Before serving dinner, save at least 1 cup of chopped chicken.

## Chicken Tip:

Smaller chicken cooks faster, so slice your chicken in half longways, and then cut into strips! Thicker chicken can take almost twice as long to cook

## Canadian Bacon Grilled Cheese

Need: Sandwich bread, Canadian Bacon, Sliced Cheese, Butter

We like to layer these as cheese, bacon, cheese and place on sandwich bread. If you want to "grill" these on the stove top you will need to butter the outside, but we put them in the George Foreman without butter!

## Roasted Chicken, Veggies, & Orzo

Need: 2-3lbs chicken breasts, favorite seasoning, 1 zucchini, 1 red onion, 1 yellow squash, 1 bell pepper, Italian Dressing, 1.5 cup dry orzo pasta, water

1. Cut chicken down into strips and season with your favorite seasoning. Arrange these on a greased baking sheet.
2. Cut zucchini, onion, squash, and bell pepper into a large chop. Place in bowl and drizzle with Italian Dressing. Stir well to coat, and then pour these out on a separate greased sheet pan.
3. Bake in 400 degree oven for about 35-40 minutes. I like to flip the chicken and veggies about half way. (Check chicken with thermometer to make sure fully cooked) Let these rest for 5-10 minutes. Then chop chicken into bite size pieces.
4. While these are cooking, boil water for orzo. Cook per box directions (each orzo brand is a little different), then drain once tender.
5. I like to serve this bowl style, with orzo at the bottom, then topped with veggies and chicken.

# Day 2

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Sausage & Potato Skillet

Butter Noodles & Salad

Pizza Burger Sliders with Tots

## Sausage & Potato Skillet

Need: 8oz breakfast sausage, 2-3 potatoes, 1/2 onion, 1/2 bell pepper

1. Wash potatoes, and fork them all over. Place on microwave safe plate, and microwave for 3 minutes. Allow to cool.
2. Cook sausage in a pan and crumble it as it cooks. Drain off any excess grease.
3. Once potatoes are cool, chop them into a dice. Add them to the pan with the cooked sausage.
4. Add chopped onion and pepper to the pan, and stir occasionally.
5. Once potatoes are golden brown, serve!

## Pizza Burger Sliders

Need: 1lb tater tots, 1-2 garlic cloves (minced), 1.5lb ground pork, 1/2 cup chopped pepperoni, 4 tbsp tomato sauce, Italian Seasoning, 1 egg, mozzarella cheese, French Bread Slices, 14.5oz green beans

1. Place 1lb of tater tots on baking sheet and bake in the oven, or use an air fryer per bag directions.
2. In a large bowl, mix together garlic, ground pork, pepperoni, tomato sauce, seasoning, and 1 egg. Mix with hands until well combined, and then divide this into 8 slider side burgers. (I go for oval shape since we are using French bread)
3. These can be grilled or cooked on the stove top. Once they are fully cooked, add a spoonful of tomato sauce on top and sprinkle with mozzarella cheese. Place lid on and let cheese melt.
4. We like to toast our bread before placing the burgers on them. Serve with side of tater tots and green beans.

## Butter Noodles & Salad

8oz pasta shells, 4tbsp butter, Favorite Seasoning, (optional: mozzarella cheese, minced garlic) spinach, tomato, Italian Dressing

1. Boil water for pasta, cook shell pasta until tender, and then drain but save about 1/2 cup of pasta water.
2. Add butter to the bottom of the hot pan and let melt. Add favorite seasonings to the butter.
3. Add pasta back to the pan, and stir well. Add in cheese and or garlic at this point if you want to include it. Use pasta water a tablespoon at a time until pasta is the right consistency.
4. Serve with spinach salad, made with chopped tomatoes, mozzarella cheese, and Italian Dressing.

# Day 3

Yogurt Parfait

Dinner Leftovers

Cabbage & Veggie Soup

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## Yogurt Parfait

Need: 16oz Vanilla Yogurt, 1 sleeve of graham crackers (crushed), 15 oz can of mandarin oranges (use half)

1. We like to make these in little cups or just in a regular size bowl. Start with 1/2 cup vanilla yogurt, sprinkle with crushed graham crackers.
2. Top with mandarin oranges. Serve with toast if needed!

## Cabbage & Veggie

### Soup

Need:

1/2 onion chopped

2-3 garlic cloves  
(minced)

28oz diced tomatoes

8oz tomato sauce

12oz frozen mixed  
vegetables

Favorite Seasonings

1/2 head of cabbage  
(chopped)

32oz chicken broth

2 cups water

1. Saute chopped onion in oil in a large pot until tender. Add garlic and stir well for 1-2 minutes.
2. To the pot, add your diced tomatoes with juice and tomato sauce. Add in frozen mixed veggies and your favorite seasonings. Stir this well over medium high heat.
3. Add in chopped cabbage, chicken broth, and water. Place lid on pot and bring to a boil. Once boiling, reduce to a simmer and let cook for about 20 minutes.
4. If you like your cabbage really soft, you can cook this for longer.
5. We like to serve this with any leftover French bread or regular sandwich bread.

## Other Options:

This is intended to be a meatless dish, but you can add any meat you like to the soup. It works well with smoked sausage, ground beef/turkey/pork, or even pulled chicken.

# Day 4

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Bacon Grilled Cheese

Dinner Leftovers

Italian Butter Chicken with Rice Pilaf & Sauted Cabbage

## Bacon Grilled Cheese

This time we will make it with bacon instead of Canadian Bacon. Go ahead and precook all your bacon so you can use half for this breakfast, and use the other half for Chicken Club Tots!

## Italian Butter Chicken with Rice Pilaf & Cabbage

Need: For Pilaf: 2 tbsp butter, 1/2 cup orzo, 1/2 cup white rice, favorite seasonings, 2 cups chicken broth, 1/2 head of cabbage, for chicken: 2lbs chicken breasts, Italian seasoning, 2 tbsp oil, 1/2 onion chopped, 1/4 cup butter, 1-2 garlic cloves minced

1. Rice takes the longest, so we will start by melting butter in a saucepan (if you want to add garlic or onions, you can saute in butter first). Add your orzo and white rice. Let cook for 2-3 minutes. Add in your favorite seasonings (I like a garlic herb blend) Slowly add in chicken broth and stir well. Bring to a boil, then reduce heat, cover, and let simmer for about 18-20 minutes.
2. In a large pan, add oil/butter and chopped cabbage. I like to add a little bit of water, and let this steam with the lid on until the cabbage is tender (about 10-15 minutes). I typically season this with garlic powder, salt, and pepper but you can add your favorite seasonings.
3. Cut chicken breasts into 1 inch chunks, then drizzle with 1 tbsp of oil and Italian seasoning. Add 1tbsp oil to a skillet or large pan and add chopped onion. Saute until tender, then add chicken. We will saute chicken for about 3 minutes on each side until golden brown. Add butter in chunks and fresh minced garlic. Stir chicken well to coat in butter. Add additional Italian Seasoning as needed.

# Day 5

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Sausage & Potato Skillet

Dinner Leftovers

Enchilada Pasta

## Sausage & Potato Skillet

This is the same as Day 2. You can choose to cook it “fresh” for both days, or you can double the recipe and cook it once. If you make a double batch, you will want to use a large skillet to hold all the potatoes. To reheat, I just add back to a hot pan or you can microwave it! If you choose to make fresh each morning, switch up your seasonings to try it a little different each morning!

## Enchilada Pasta

Need: 9oz chorizo, 8oz pasta shells, 2 cups water, 15oz black beans (rinsed & drained), 10oz diced tomatoes with chiles, 14.5oz can corn (drained), 10oz can enchilada sauce (red or green), taco seasoning.

1. In a large skillet, saute chorizo until fully cooked. Some brands have a lot of grease so drain any excess if needed.
2. Add in pasta, water, black beans, tomatoes w/ chiles, corn, enchilada sauce, and taco seasoning. (I tend to go mild on the taco seasoning if the chorizo is heavily seasoned)
3. Bring to a boil, then reduce heat. Let this simmer uncovered until pasta is tender and sauce has started to thicken (about 15 minutes).

Optional: You can top this pasta with some shredded cheese, sour cream, avocado, etc. Think of it like a one pot enchiladas and add anything you typically would on top of your enchiladas. Sometimes we like to top with some crunched tortilla chips too!

# Day 6

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Yogurt Parfait

Chicken Club Tots

Italian Sausage & Potato Skillet

Yogurt Parfait This is just like Day 3 and we will use the other half of the vanilla yogurt and mandarin oranges with crushed graham crackers. You can also try this with any canned, fresh, or frozen fruit!

## Chicken Club Tots

Need: 1lb tater tots, 1/2 cup mayo, Italian Seasoning, Leftover chopped chicken, chopped bacon, chopped tomato, shredded mozzarella cheese

1. Arrange tater tots in a casserole dish so they cover the bottom. Bake at 425 for about 15–20 minutes until starting to turn golden brown.
2. In a bowl, mix together mayo and Italian seasoning. Using a spoon, spread this over the top of the tots. Next arrange the chicken, bacon, tomato, and mozzarella cheese.
3. Bake for another 5–8 minutes until well melted!

## Italian Sausage & Potato Skillet

Need: 2 tbsp oil, 5ct Italian Sausage, 1/2 cup water, 1.5lbs potatoes (thinly sliced into rounds), 12oz frozen sweet peas, 1.25 cups water, favorite seasonings, 2 cups fresh spinach

1. In a large skillet, add oil and Italian Sausage. Cook about 5 minutes over medium high heat until browned on both sides. Reduce heat to medium low, and add 1/2 cup of water to the pan. Cover and let steam for about 12 minutes. Remove sausage from pan and allow to cool so you can cut sausage into slices. I usually do about 1/4 inch slices.
2. Add sliced potatoes, peas, 1.25 cups of water, and favorite seasonings. (I usually add a little chicken bouillon and some garlic herb seasoning) Bring this to a boil and then reduce heat to a medium. Cover and let cook about 15–18 minutes until potatoes are tender. The thickness of the potatoes will affect the timing.
3. Add in fresh spinach and sliced sausage. Stir this until spinach is wilted and sausage is warm. (Optional: top with shredded cheese)

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!