

Family Meal Plan for a week under \$100

(Serves 4)

Week #53

	BREAKFAST	LUNCH	DINNER
Day 1	Peanut Butter Banana Toast	French Bread Pizza	Pulled Pork Fajitas with Rice
Day 2	Peach Smoothie	Leftovers	Lemon Chicken Potato Sheet Pan
Day 3	Sausage & Cheese Quesadilla	Turkey Pinwheels	One Pot Chili Mac Pasta
Day 4	Peanut Butter Banana Toast	Leftovers	Mongolian Chicken with Rice
Day 5	Peach Smoothie	Pizza Stuffed Taters	Smothered Pork Cutlets with Mashed Potatoes
Day 6	Sausage & Cheese Quesadilla	Leftovers	Taco Puffs with Tex Mex Pasta Salad
Day 7	Leftovers	Leftovers	Leftovers

SHOPPING LIST

PRODUCE

- Bananas (x4)
- Carrots (1lb)
- Lemons (x2)
- Potatoes (5lb)
- Green Beans (1.5lbs)
- Mushrooms (8oz)

MEAT DEPT

- Pepperoni (5oz)
- Pork Loin (2 pack-2.5lbs)
- Chicken Breasts (5lbs)
- Ground Turkey (2lbs)
- Breakfast Sausage (1lb roll)
- Turkey Lunchmeat (1lb)

DAIRY

- Mozzarella (8oz)
- Cheddar (16oz + 8oz)
- Vanilla Yogurt (32oz)
- Sour Cream (16oz)
- Cream Cheese (8oz)
- Biscuits (10ct)

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

PANTRY

- French Bread (Sliced)
- Peanut Butter
- Tomato Sauce (29oz)
- Salsa
- Fajita Seasoning
- Tortillas (20ct)
- White Rice (1lb)
- Chicken Broth (32oz)
- Italian Dressing
- Ranch Seasoning
- Tomatoes with Chiles x2
(10oz)
- Kidney Beans (15oz)
- Chili Powder
- Elbow Noodles
- Soy Sauce
- Brown Sugar
- Brown Gravy Pack
- Taco Seasoning
- Corn (14.5oz)
- Black Beans (15oz)
- Corn Starch

FROZEN

- Peppers & Onions (20oz)
- Peaches (16oz)
- Broccoli (12oz)
- Stir Fry Veggies (20oz)
- Sweet Peas (12oz)

Day 1

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Peanut Butter Banana Toast

French Bread Pizza

Mississippi Chicken with Mashed Potatoes & Mixed Veggies

French Bread Pizza

Need: Sliced French Bread, 8oz Tomato Sauce, 1 cup mozzarella cheese, pepperoni slices

1. My kids are still small, so we prefer to use the slices instead of large hunks of French Bread.
2. Spread tomato sauce on top of each slice, top with shredded mozzarella, and arrange pepperoni slices on top.
3. Bake in oven/air fryer at 350 degrees for about 7-12 minutes until cheese is bubbly and melted!

Peanut Butter Banana Toast

Need: 4 slices of French Bread, Peanut Butter, 2 bananas
*Toast the bread, and then while hot spread peanut butter on top. Slice bananas and lay the slices on top of the peanut butter.

Optional: Add some raisins or mini chocolate chips for fun!

Prep Ahead

We will be cutting our own small pork cutlets from one pork loin and using 1 whole loin for the fajitas. When you open the package of 2 loins, go ahead and slice 1 pork loin into 3/4 inch slices. Place these cutlets into a zip top bag or other container then place in fridge or freezer for later!

Pulled Pork Fajitas with Mexican Rice

Need: 1 pork loin, taco/fajita seasoning, 1 cup salsa, 2-3 cups frozen peppers & onions, 8 tortillas, Shredded cheddar cheese, 3 tbsp oil, 1 cup white rice, 2 cups chicken broth, 1/2 cup tomato sauce, 1/2lb carrots (sliced)

1. Place pork roast in crock pot. Sprinkle the top with 3/4 of a pack of taco seasoning and pour salsa on top. Cook on low heat 8-10 hours or high heat for 4-5 hours. *Closer to dinner time, use 2 forks to shred the pork, stir in frozen peppers and onions (save 1/4 cup for rice) and turn heat to high for 30 minutes.
2. Chop the 1/4 cup of peppers & onions into a small dice, then add that to a pot with oil. Let saute for 3-4 minutes until softened. Add in 1/4 remaining taco seasoning and white rice. Stir well, and slowly add 2 cups of chicken broth and tomato sauce. Bring rice to a boil then reduce heat, cover, and let simmer for 18-20 minutes.
3. Saute carrots in oil and favorite seasonings until tender. (I add a little water to help soften them quicker.
4. Put pulled pork and onions/peppers into tortillas. Serve with side of rice & carrots!

Day 2

Peach Smoothie

Leftovers

Lemon Chicken Potato Sheet Pan

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Peach Smoothie

Need: 1.5 cups of frozen peaches, 1.5 cup vanilla yogurt, 1 cup ice cubes

1. Add all items to blender, and process until smooth.
2. You can adjust the yogurt and ice cubes to your desired thickness.

Try this with any combo of frozen fruit and yogurt that you like!

Lemon Chicken Potato Sheet Pan

Need: 2-3 chicken breasts, 1/2 cup Italian dressing or vinegarett, 2 lemons (zest & juice), favorite seasonings,

3-4 potatoes, 1.5lbs of fresh green beans (trimmed)

1. I like to slice my chicken in half longways, then slice in half again. This makes 4 smaller pieces of chicken that will cook quicker than whole large breasts. Place these in a zip top bag.
2. In a small bowl, combine Italian dressing, lemon juice, and favorite seasonings (I usually add pepper & garlic powder). Stir well and then pour over the chicken. Let marinade at least 1 hour or overnight if you like!
3. Wash and cut your potatoes into 1/2 inch chunks. Drizzle with a little oil (or Italian dressing) and favorite seasonings.
4. Lay marinated chicken and potatoes out on greased sheet pan. Bake at 400 degrees for about 20 minutes.
5. Move the chicken and potatoes to the edges of the pan to make room for your green beans. In a bowl, I like to drizzle the green beans in a little, lemon zest, and salt. Pour the beans into the center of the pan and return to the oven for another 15-20 minutes.
6. I like to double check the chicken temperature to make sure it is 165 and then let the chicken rest for at least 5-10 minutes before serving.

Day 3

Sausage & Cheese Quesadilla

Turkey Pinwheels

One Pot Chili Mac Pasta

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Sausage & Cheese Quesadillas

Need:

1lb roll of breakfast sausage
shredded cheddar
tortillas
optional: sour cream
or salsa

1. Brown breakfast sausage in a skillet until fully cooked. Drain grease and place cooked sausage in a bowl to cool down. Wipe out most of the grease from the pan.
2. Assemble your tortillas with cooked sausage and shredded cheese on half of the tortilla and then fold it over.
3. Heat pan back up and pan fry quesadilla until golden brown on both sides.
4. My kids like to dip these in sour cream, but I prefer to dip in salsa!

save half the sausage for another breakfast

Turkey Pinwheels

Need: 8oz cream cheese (softened), ranch seasoning mix, shredded cheddar cheese, tortillas, turkey lunch meat

1. Using a fork, mix together cream cheese, ranch mix, and cheddar cheese.
2. Spread this mixture onto tortillas and then top with turkey lunchmeat. Roll these up and then cut into 1 inch slices.

One Pot Chili Mac Pasta

Need:

2 tbsp oil
1 cup of frozen peppers & onions
(chopped)
1lb ground turkey
2 cups chicken broth
1.5 cups tomato sauce
10oz tomatoes with chiles
15oz can kidney beans
1-2 tsp chili powder
8 oz elbow noodles
3/4 cup shredded cheddar
optional: sour cream
12oz bag frozen broccoli

1. Chop the onions and peppers to make them a small dice. Then in a large pot, saute onions & pepper in oil until tender.
2. Add in ground turkey, and brown until fully cooked. Drain any excess grease if needed.
3. Stir in chicken broth, tomato sauce, undrained tomatoes with chiles, drained & rinsed kidney beans, and chili powder.
4. Bring this to a boil and then stir in elbow noodles. Cover and reduce heat to medium. Let simmer and cook about 15 minutes until pasta is tender.
5. Remove from heat and stir in shredded cheese.
6. We like this with dollop of sour cream on top and this is a great night to use a couple of slices of French Bread!
7. Before serving, steam broccoli in the microwave per directions. Add and additional seasonings you like.

Day 4

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Peanut Butter Banana Toast

Dinner Leftovers

Mongolian Chicken with Rice

Peanut Butter Banana Toast

This is just like before, but you can spice it up by adding a little cinnamon! Also try switching it up with any other nut butters you already have.

Crockpot Mongolian Chicken with Rice

Need: 2–3 chicken breasts, 1/4 cup corn starch or flour, 2 tbsp oil, 1/2 cup soy sauce, 3/4 cup water, 1/2 brown sugar, 1/2 lb carrots, 20oz frozen stir fry veggies, 1 cup of rice, 2 cups water

1. Cut your chicken breasts into about 1 inch cubes. Toss these cubes with either flour or corn starch in a plastic bag to coat well. Then place the chicken at the bottom of the crockpot.
2. In a bowl, combine oil, soy sauce, water, brown sugar, and carrots. (I toss my carrots in the food processor until small bits, but you can grate them if you like) Stir well, then pour this mixture over the chicken.
3. Cover and cook on high for 5–6 hours, or on low for 2–3 hours.
4. When it is closer to dinner, stir in frozen stir fry veggies and turn crockpot to high for 30 minutes.
5. In a sauce pan on the stove, combine 1 cup of rice with 2 cups of water. Bring to a boil, cover, and reduce heat. Let simmer 15 minutes until rice is tender.
6. Serve the chicken and veggies over the rice!

*This is a great leftover veggie buster– you can easily add in any leftover broccoli, green beans, carrots, etc. to this!

Day 5

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Peach Smoothie

Pizza Stuffed Taters

Smothered Pork Cutlets with Mashed Potatoes

Pizza Stuffed Taters:

Need: 2-3 potatoes, any leftover tomato sauce, mozzarella cheese, and chopped pepperoni

1. This is my twist on a twice baked potato! Wash and fork potatoes, then microwave for 3 minutes, flip them, and keep repeating until soft. Let these cool for a few minutes.
2. Then once cooled, scoop out just the middle part. In a bowl, smash the potato together with tomato sauce, mozzarella, and pepperoni.
3. Add this filling back to the potato shells, and top with a little more mozzarella cheese.
4. Bake or air fry until cheese is melty! (400 degrees for oven or 330 degrees for air fryer)
5. We also dip this in sour cream- I don't know why but it's really yummy!

Smothered Pork Cutlets with Mashed Potatoes

Need: 2-3 potatoes, sour cream, 1 pork loin cut into slices, favorite seasonings, 8oz mushrooms (sliced), 1 cup frozen peppers & onions (chopped), 1 cup water, 1 pack brown gravy, 12oz sweet peas

1. Start by washing and chopping potatoes into chunks. Add to a saucepan with water. Let boil until potatoes are tender. Drain the potatoes and add sour cream to make mashed potatoes. (If you like them creamier use a hand mixer).
2. Season your pork cutlets with your favorite seasonings (I typically use salt, pepper, and garlic powder), then heat oil in a skillet. Pan fry the cutlets for about 3 minutes on each side until golden brown. Remove from pan.
3. Add a little more oil to the pan, and add sliced mushrooms & chopped peppers/onions. Saute until tender.
4. In a small bowl, mix water and gravy mix. Add this to the veggies in the pan. Bring to a boil then add pork cutlets back to the pan. Stir well and make sure pork is fully coated.
5. Steam sweet peas in the microwave per directions. Add additional seasonings to the peas if you like.
6. We like to serve the pork and veggies over the potatoes, but you can serve them on the side if you like!

Day 6

Sausage & Cheese Quesadilla

Dinner Leftovers

Taco Puffs with Tex Mex Pasta Salad

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Taco Puffs & Tex Mex Pasta Salad

Need: 1lb ground turkey, 1 cup frozen peppers & onions, taco seasoning, 1 can of 10 regular biscuits, 1-2 cups shredded cheese, 14.5oz can corn, 15oz can of black beans, 8oz elbow noodles, 1 cup sour cream, 10oz can of tomatoes with chiles

1. In a skillet, brown ground beef with chopped peppers & onions. Once fully cooked, drain any excess grease and add pack of taco seasoning. Set this aside and let it cool a little.
2. While that is cooling, boil water for the pasta. Cook pasta until tender and drain. I like to place mine in an ice bath to cool it down quickly without becoming mushy.
3. Take each biscuit and flatten it out on a cutting board. Use about 1 spoonfull of taco meat per biscuit and top with cheese. Pull the biscuit dough around the filling and pinch it closed similar to a dumpling. Place puffs on greased sheet pan and bake in 350 degree oven for about 10-12 minutes.
4. In a large bowl, add drained corn, drained & rinsed black beans, cooked noodles, and leftover taco meat. In a smaller bowl, combine tomatoes with chiles (not drained) and the sour cream to make a dressing. Pour dressing over pasta and mix to combine. We like this pasta salad room temperature, but you can make it ahead and refrigerate it.
5. Serve your puffs with sour cream and salsa with a side of Tex-Mex pasta salad!

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!