

# Family Meal Plan

for a week under \$100

(Serves 4)

Week #56

	BREAKFAST	LUNCH	DINNER
Day 1	Breakfast Tot Casserole	Chili Pigs in a Blanket	Cheesy Broccoli Chicken Orzo
Day 2	Breakfast Tot Casserole	Leftovers	Saucy Burritos with Mexican Rice
Day 3	Carrot Cake Pancakes	SW Chicken Taquitos	Alfredo Lasagna Rolls with Side Salad
Day 4	Carrot Cake Pancakes	Leftovers	Sausage Zucchini Boats with Funeral Potatoes
Day 5	BLAT Toast	Loaded Totchos	Bacon Cheddar Chicken with Rice Pilaf
Day 6	BLAT Toast	Leftovers	Sloppy Joe Pizza with Side Salad
Day 7	Leftovers	Leftovers	Leftovers

# SHOPPING LIST

## PRODUCE

- Carrots (1lb)
- Romaine Lettuce (3pk)
- Tomato (x3)
- Avocado (4-5ct)
- Zucchini (x4)

## MEAT DEPT

- Breakfast Sausage (1lb)
- Bacon (12oz)
- Chicken Breasts (5lb)
- Ground Turkey (2lbs)
- Ground Italian Sausage (1lb)
- Hot Dogs (8ct)

## DAIRY

- Milk (1/2 gal)
- Eggs (6ct)
- Cheddar Cheese (32oz)
- Cream Cheese (8oz)
- Ricotta or Cottage Cheese (16oz)
- Mozzarella Cheese (16oz)
- Sour Cream (8oz)
- Biscuits (10ct)

## PANTRY

- Pancake Mix
- Sandwich bread
- Orzo Pasta
- Broccoli & Cheese Soup (10.5oz)
- White Rice (1lb)
- Taco Seasoning
- Green Enchiladas Sauce (10oz)
- Green Chiles (4oz)
- Flour Tortillas (20ct)
- Corn (14.5oz)
- Lasagna Noodles
- Alfredo Sauce (16oz)
- Tomato Sauce (15oz)
- BBQ Sauce
- Green Beans (14.5oz)
- Cream of Mushroom (10.5oz)
- Italian Tomatoes (14.5oz)
- Sloppy Joe Sauce (15oz)
- Pizza Dough Mix
- Can Chicken (12.5oz)
- Salsa (16oz)
- Refried Beans (16oz)
- Black Beans (15oz)
- Chili (15oz)

## FROZEN

- Tater Tots (2lb)
- Broccoli (12oz)
- Hash Browns (2lb)

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

# Breakfasts

Breakfast Tot Casserole

Carrot Cake Pancakes

BLAT Toast

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Breakfast Tot Casserole (this makes 8–10 servings, we will reheat on 2nd day)

Need: 1lb breakfast sausage roll, favorite seasonings, 16oz tater tots, 1.5 cups milk, 4 eggs, 1.5 cups shredded cheddar cheese

1. Brown sausage in a skillet, add favorite seasonings. Once cooked, drain any excess grease.
2. Arrange tater tots in a greased casserole dish. Spread sausage over tots.
3. In a bowl, whisk together milk, eggs, and half cheese. Pour over tots and sprinkle other half of cheese on top. (You can stop here and refrigerate over night!)
4. Bake covered in 350 degree oven for 30 minutes. Uncover and bake another 25 minutes.

Carrot Cake Pancakes (make this twice or double the batch and reheat)

Need: 2 cups pancake mix, 1.25 cups cold water, 1 cup shredded carrots, cinnamon, oil, 2oz cream cheese, 1–2 tbsp milk

1. In a bowl, combine mix, cold water, shredded carrots, and cinnamon.
2. Add oil to a skillet or griddle, and aim for 4 inch pancakes. (Each batch will make 10–14 pancakes)
3. In a small bowl, whisk softened cream cheese with milk until it is soft and smooth. Top each warm pancake with the whipped cream cheese!

BLAT Toast (Cook all bacon, and prep all veggies, we will eat this twice)

Need: 12oz bacon, lettuce, tomato, avocado, sandwich bread

1. Cook bacon to desired doneness in oven or in skillet.
2. Toast sandwich bread, and then top with lettuce, sliced tomato, and avocado slices. We like to use ranch dressing or mayo on the bread but that is up to you!

\*Save 4 pieces cooked bacon for Bacon Cheddar Chicken!\*

# Lunches

Chili Pigs in a Blanket

SW Chicken Taquitos

Loaded Totchos

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## Chili Pigs in a Blanket

Need: 10ct refrigerated biscuit dough, 8ct hot dogs, 15oz can of chili, shredded cheddar cheese

1. Using a rolling pin or your hands, spread out each biscuit so it is pretty thin.
2. On top of each biscuit, place a hot dog, a spoon or two of chili, and a sprinkling of cheese. Roll the biscuit around the hot dog and pinch the biscuit closed. The ends of your hot dog will still be exposed but the center will have the chili and cheese!
3. Bake in 350 degree oven for 8–10 minutes until golden brown. (You can also do these in the air fryer!)

## Southwest Chicken Taquitos

Need: 12.5oz can of chicken, 4oz cream cheese, 15oz black beans (drained & rinsed), salsa, taco seasoning, 8–10 flour tortillas

1. Drain and rinse the canned chicken, then mix with softened cream cheese, black beans, salsa and taco seasoning to taste. (We add a little hot sauce as well!)
2. Divide the mixture between the tortillas and roll them up. Place seam side down on greased baking sheet, and bake for 12–15 minutes at 400 degrees. (This can also be done in the air fryer!)
3. Serve with salsa and or sour cream for dipping!

## Loaded Totchos

Need: 16oz tater tots, 15oz can refried beans, shredded cheddar cheese, salsa, lettuce, tomato, avocado

1. Lay out the tater tots in a greased baking dish. Bake in 425 degree oven for about 20 minutes and starting to get golden brown.
2. In a bowl, mixture the refried beans and salsa. Spread this over the top of the warm tots (Be Careful!) Then sprinkle cheddar cheese on top.
3. Place back in the oven for about 5–10 minutes to get all bubbly and melted.
4. Serve the totchos with shredded lettuce, tomato, and diced avocado on top!

### Cheesy Broccoli Chicken Orzo

Need: 1.5 cup orzo pasta, oil/butter, 1–2 chicken breasts (cut into 1 inch chunks), favorite seasonings, 12oz frozen broccoli, 10.5oz can condensed broccoli & cheese soup

1. Bring water to a boil for pasta. Cook orzo for about 8–10 minutes until tender. Drain and set aside.
2. In a skillet, add oil or butter, and then saute chicken chunks until mostly white. At this point I add my seasonings, and I typically go with a garlic herb blend.
3. Add frozen broccoli and broccoli/cheese soup to the pan. Stir well and put lid on. Let steam over medium heat about 5–6 minutes, until broccoli is hot.
4. Stir cooked orzo pasta in with the broccoli and chicken. Serve with butter bread or garlic bread if you like!

### Saucy Burritos with Mexican Rice & Corn

Need: 1tbsp oil, 1 cup white rice, 1/2 cup tomato sauce, taco seasoning, 2.5 cups water, 10oz can green enchilada sauce, 4oz can green chiles, 1/4 cup water, 1lb ground turkey, 8–10 flour tortillas, 1.5 cups shredded cheddar cheese, 14.5oz can corn

1. In a pot on the stove, add oil and rice. Let this cook for 1–2 minutes and then add taco seasoning. Stir in tomato sauce and water. Let this come to a boil, then reduce heat and cover. Let simmer for 15–20 minutes until tender.
2. In a bowl, combine enchilada sauce, green chiles, and water. Set aside.
3. In a skillet, brown ground turkey. Once fully cooked drain any excess grease. Pour half the enchilada sauce mixture into the ground turkey. Remove from heat and let cool down.
4. Divide meat mixture & half the cheese between the flour tortillas and roll them burrito style. Place burritos in a greased casserole dish. Top with remaining enchilada sauce and cheese.
5. Bake in 400 degree oven for 10–15 minutes until hot and bubbly. Heat corn in microwave or on stovetop.



## Alfredo Lasagna Rolls with Side Salad Sausage Zucchini Boats with Funeral Potatoes

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### Alfredo Lasagna Rolls with Side Salad

Need: Lasagna Noodles, 16oz alfredo sauce, 15oz ricotta or cottage cheese, 1 egg, 1.5 cups Italian Blend Cheese, Favorite Seasonings, 2 cups cooked chicken (shredded), lettuce, tomato, salad dressing

1. Boil water for noodles, cook noodles about 10–12 minutes until tender, drain and set aside,
2. Pour half of the alfredo sauce at the bottom of a casserole dish.
3. In a bowl, mix together ricotta/cottage, 1 egg, and 1/2 cup of Italian Blend cheese. Add your favorite seasonings here, I like to go with Italian Seasoning and garlic powder. Add chicken to the mix and stir well to combine.
4. Divide cheese & chicken mixture between the cooked noodles (about 1/4 cup each) and roll each noodle into a roll. Place rolls on top of Alfredo sauce in pan, and then top with rest of alfredo sauce and Italian Blend Cheese.
5. Bake in 350 degree oven for 15 minutes until rolls are hot! Serve with side salad and Toasted Bread!

### Sausage Zucchini Boats with Funeral Potatoes

Need: 16oz frozen hash brown potatoes, 10.5oz cream of mushroom, 1.5 cups shredded cheddar, 1/2 cup sour cream. 1lb Ground Italian Sausage, 1 cup tomato sauce, 14.5oz Italian Tomatoes (drained), Favorite Seasonings,

4 zucchini, 1/2 cup Italian Blend Cheese

1. Mix together frozen hashbrowns, cream of mushroom, 1.5 cups cheddar, and sour cream. Grease casserole dish, and spread mixture in to the dish. Bake in 400 degree oven for 40 minutes.
2. While that is baking, brown ground sausage and drain any grease. Add in tomato sauce and Italian Tomatoes. You can add additional seasonings at this point as well, I usually add Italian Seasoning.
3. Slice each zucchini in half and use a spoon to scrape the seeds out to create the boats. Lay zucchini in greased baking dish, then use a spoon to top each zucchini with the sausage & tomato mixture. Sprinkle top with Italian Blend Cheese. Bake in 400 degree oven for 20 minutes until hot and bubbly! Serve each boat with potatoes on the side.

# Dinners

Bacon Cheddar Chicken with Rice Pilaf

Sloppy Joe Pizza with Side Salad

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## Bacon Cheddar Chicken with Rice Pilaf & Green Beans

Need: 1tbsp oil/butter, 1 cup white rice, 1/4 cup orzo pasta, favorite seasoning, 2.5 cups water, 2-3 chicken breasts, 2/3 cup bbq sauce, 4 pieces cooked bacon (chopped), 1/2 cup shredded cheddar cheese, 14.5oz green beans

1. In a pot, heat oil, add in rice and orzo to the pan. Add your favorite seasonings, I typically go with a chicken bouillon powder and parsley flakes. Next add your water and bring this to a boil. Once boiling, reduce heat, cover and let simmer for 15-20 minutes until tender.
2. Cut each chicken breast in half longways, season them with your favorite seasonings, and lay them out on a greased baking sheet.
3. Bake in 400 degree oven for 10 minutes. Remove from oven and flip the chicken over. Use a brush to add BBQ to the top of the chicken, sprinkle with chopped bacon and shredded cheese. Bake another 10-15 minutes until chicken is done.
4. Microwave or saute green beans in a pan. Serve chicken with rice and green beans,

## Sloppy Joe Pizza with Side Salad

Need: pizza crust mix, 1lb ground turkey, 15oz sloppy joe sauce, 2 cup mozzarella cheese, lettuce, tomato, salad dressing

1. Prepare pizza dough per mix. (This one requires just oil and water) Let rise for 30 minutes.
  2. While that rises, brown ground turkey. Once cooked, drain grease. Add in sloppy joe sauce and stir well.
  3. Once dough has doubled, use your hands to spread the dough out in a greased 13 x 9 pan (deep dish style). Spoon the sloppy joe mix on to the pizza and top with cheese. Bake 400 degree oven for about 10 minutes. Serve pizza with side salad!
- Optional: top pizza with chopped red onion or chopped dill pickles!