

6 DINNERS UNDER \$60 - WEEK #72

*Air Fryer Teriyaki Chicken Bowls *BLT Wraps with Tomato/Cucumber

*Garlic Butter Chicken Pasta *Quesadillas with Yellow Rice

*Crockpot Chicken Pot Pie *One Pot Sausage Pasta

SHOPPING LIST

PRODUCE

- Shredded Lettuce
- Roma Tomatoes (x2)
- Cucumber (x1)
- Garlic
- Zucchini (x1)

MEAT DEPT

- Chicken Breasts (5lb)
- Bacon (12oz)
- Ground Turkey (1lb)
- Italian Sausage (1lb)

DAIRY

- Butter (8oz)
- Cheddar (8oz)

PANTRY

- Teriyaki Sauce
- White Rice
- Flour Tortillas (10ct)
- Italian Dressing
- Pasta (1lb-any shape)
- Green Beans (14.5oz)
- French Bread
- Taco Seasoning
- Chicken Broth (48oz)
- Turmeric
- Cream of Soup (10.5oz)
- Instant Mashed Potatoes
- Marinara Sauce (24oz)

FROZEN

- Broccoli (12oz)
- Mixed Veggies (12oz)
- Peppers & Onions (20oz)

*Assuming you have your preferred cooking oil and your favorite seasonings.

Make Ahead Tips:

We can split our chicken into 3 bags: whole, diced, and cut into strips. (about 1.5 lbs in each bag)

Bacon can pre-cooked in the air fryer or the stovetop. I like to lay the cooked bacon on top of paper towel in a flat tupperware container.

The ground turkey and the Italian Sausage can be pre-cooked ahead of time, so this will make each dinner faster to make on those nights!

Air Fryer Teriyaki Chicken Rice Bowls with Broccoli

Need:

1 1/2 lb chicken breasts
1/2 cup teriyaki sauce
2 cups cooked white rice
12 oz broccoli florets

1. Cut chicken into strips, coat with teriyaki sauce, and marinate 30 minutes if time allows.
2. Place chicken in air fryer basket. Cook at 375°F for 12–15 minutes, flipping halfway. Check temperature reaches 165 degrees.
3. Steam broccoli in the microwave.
4. Assemble your bowl with rice at the bottom, top with chicken and broccoli. Drizzle extra teriyaki on top!

BLT Wraps with Tomato/Cucumber Salad

Need:

12oz bacon
flour tortillas
1–2 cups shredded lettuce
2 Roma tomatoes, sliced
2 Tbsp mayo or ranch dressing*
1 cucumber, sliced
1 tomato, diced
Italian Dressing

1. Cook bacon in a skillet on the stovetop or in the air fryer. Mine works better in the air fryer if I cut the bacon in half (6-8 minutes at 360 degrees.)
2. Spread mayo/ranch on tortillas. Add lettuce, sliced tomato, and bacon. Roll up tightly.
3. Combine cucumber and tomato with Italian dressing to coat and serve on the side.

Garlic Butter Chicken Pasta with Green Beans

Need:

8 oz pasta

1 1/2 lb chicken breasts, diced

4-5 Tbsp butter

2 cloves garlic minced

14.5oz green beans

French Bread

1. Boil water for pasta, cook until tender, then drain and set aside.
2. In a skillet, melt butter over medium heat. Add chicken and garlic. Cook 7–8 minutes, stirring occasionally, until browned and cooked through.
3. Toss pasta and drained green beans with garlic butter chicken.
4. Serve with French bread on the side!

Ground Turkey Quesadillas with Yellow Rice

Need:

1 lb ground turkey

1 packet taco seasoning

flour tortillas

1 cup shredded cheese

1 tbsp oil

1 cup white rice

2 cups chicken broth

1/2 tsp turmeric

Favorite Seasonings

1 zucchini, sliced

1. Brown ground turkey in skillet over medium heat 6–7 minutes. Add taco seasoning, stir, and cook 2 more minutes.
2. Fill tortillas with turkey and cheese. Fold and cook in a skillet 2–3 minutes per side until golden.
3. For rice: heat 1 Tbsp oil in pot. Stir in rice, turmeric and favorite seasonings. Add broth. Bring to boil, cover, and simmer 15 minutes. Remove from heat and rest 5 minutes.
4. Toss zucchini slices with oil and favorite seasonings. Roast in air fryer at 390-400°F for 8–10 minutes (or saute in skillet 6–7 minutes).

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Crockpot Chicken Pot Pie over Mashed Potatoes

Need:

1 1/2 lb chicken breasts

10.5oz cream of chicken or mushroom soup

1 cup chicken broth

12oz frozen mixed vegetables

Instant Mashed Potatoes

1. Place chicken, soup, broth, and frozen veggies in crockpot. Cover and cook on LOW 6–7 hours or HIGH 3–4 hours.
 2. Shred chicken with 2 forks and stir into the sauce and veggies.
 3. Serve the chicken pot pie mixture over the instant mashed potatoes!
- Alternative: This works really well over rice or pasta too!

One Pot Sausage Pasta

Need:

1 tbsp oil

1 lb Italian sausage links

3 cups peppers & onions

8oz pasta

24 oz marinara sauce

2 cups chicken broth

Favorite Seasoning

1. Heat oil in a large pot. Add sausage links and cook 8–9 minutes until browned and cooked through. Remove and set aside. Once cooled, slice into rounds.
2. Add peppers and onion to the pot. Cook 5–6 minutes until softened.
3. Stir in pasta, marinara, broth, and favorite seasonings. Mix well. Bring to a boil, then reduce to medium-low. Cover and cook 12–14 minutes, stirring occasionally, until pasta is tender.
4. Stir sliced sausage back into pasta and serve with leftover French Bread!