

6 DINNERS UNDER \$60- WEEK #90

*Garlic Herb Sheet Pan Chicken

*Turkey Banh Mi Bowls

*Cheesy Chicken Broccoli Stuffed Shells

*Tamale Pie

*Chicken Florentine with Rice

*Fish Fillets with Mashed Potatoes

SHOPPING LIST

PRODUCE

- Potatoes (5lb)
- Carrots (2lbs)
- Garlic
- Ginger
- Cucumber
- Spinach (10oz)

MEAT DEPT

- Chicken Breasts (5lb)
- Ground Turkey (1lb)
- Ground Pork (1lb)
- Frozen Breaded Fish (19-20oz)

FROZEN

- Chopped Broccoli (12oz)
- Green beans (12oz)

PANTRY

- Herb Blend
- Brown Sugar
- Soy Sauce
- Rice Vinegar
- White Rice
- Jumbo Shells (12oz)
- Cheddar Cheese Sauce (16oz)
- Taco Seasoning
- Black Beans (15oz)
- Corn (14.5oz)
- Tomatoes with Chiles (10oz)
- Cornbread Mix

DAIRY

- Cheddar Cheese (8oz)
- Eggs (6ct)
- Half & Half (16oz)
- Parmesan (6oz)

*Assuming you have your preferred cooking oil, butter or margarine, and your favorite seasonings.

Garlic Herb Sheet Pan Chicken with Carrots & Potatoes

1½ lbs chicken breasts
2 lbs potatoes, chopped
1 lb carrots, chopped
2 tablespoons oil
3 cloves garlic, minced
1-2 teaspoons Herb Blend

1. Preheat oven to 400°F. Slice chicken breasts in half longways (can cut in half again if they are really big)
2. On one sheet pan, toss potatoes and carrots with half the oil, garlic, and herb blend. Spread potatoes and carrots to the edges of the pan.
3. Place the chicken on same pan in the middle. Drizzle with remaining oil and season.
4. Bake for 25-30 minutes until chicken reaches 165°F and potatoes are tender.

This is a great night to go ahead and bake off all the chicken so it is pre-cooked for other meals. Lightly season remaining chicken and bake at the same time. Once this is cooked, allow to cool, then refrigerate or freeze for later!

Turkey Banh Mi Bowls

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1 lb ground turkey
2 tablespoons soy sauce
1 tablespoon brown sugar
1-2 garlic cloves, minced
1 teaspoon minced or grated ginger
1 tbsp rice vinegar (ACV will work too)
1 cup shredded carrots
1 cucumber, sliced
2 cups cooked white rice
Optional: ½ cup mayonnaise +
1 tablespoon sriracha

1. Cook ground turkey in a skillet over medium-high heat until browned and fully cooked, breaking it apart as it cooks. Drain excess grease if needed.
2. Stir in soy sauce, brown sugar, garlic powder, ginger, and vinegar. Cook 2–3 minutes until slightly thickened.
3. Divide rice between 4 bowls. Top with turkey, shredded carrots, and sliced cucumber.
4. Optional: Combine mayo & sriracha, then drizzle over the bowls.

Cheesy Chicken Broccoli Stuffed Shells

12 oz jumbo pasta shells
2 cups cooked chopped chicken
12 oz frozen broccoli, chopped
16oz cheddar cheese sauce
1 cup shredded cheddar
Favorite Seasonings

1. Cook shells in boiling water until tender. Drain and set aside.
2. Mix chicken, broccoli, favorite seasonings and half the cheese sauce.
3. Spread thin layer of cheese sauce in 9×13 pan.
4. Stuff shells with broccoli chicken mixture and place shells in the pan.
5. Spoon remaining sauce over top and sprinkle with cheddar cheese.
6. Bake at 375°F for 20–25 minutes.

*Optional: Serve with a side salad made of Spinach and Parmesan cheese.

Tamale Pie

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1 lb ground pork
Taco Seasoning
15 oz black beans, drained
14.5oz corn, drained
10 oz diced tomatoes with green chiles
1 cup shredded cheddar
Cornbread mix
1 egg
⅓ cup milk or half & half

1. Brown pork in a skillet over medium heat. Drain excess grease if needed, then add taco seasoning
2. Stir in beans, corn, and tomatoes.
3. Spread into a greased 9×9 pan. Sprinkle with cheese.
4. Mix cornbread topping and spread over filling.
5. Bake at 375°F for 25–30 minutes. Cornbread topping should be golden brown.

Optional: top with sour cream before serving!

Chicken Florentine with Rice

1 tablespoon oil
3 cloves garlic, minced
5 oz fresh spinach
2 cups cooked chopped chicken
1 cup heavy cream or half & half
½ cup shredded parmesan
Favorite Seasonings
2 cups cooked rice

1. Heat oil in a large skillet over medium heat.
2. Add minced garlic and cook 30–45 seconds until fragrant. Do not brown.
3. Add spinach and cook 2–3 minutes until wilted.
4. Stir in cooked chicken and warm 2–3 minutes.
5. Pour in half & half and bring to a gentle simmer.
6. Stir in parmesan cheese and favorite seasonings. Simmer 3–5 minutes until slightly thickened.
7. Serve over warm rice.

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Fish Fillets with Mashed Potatoes

19-20oz frozen breaded fish fillets
2 lbs potatoes, peeled & chopped
¼ cup milk or half & half
2 tablespoons butter
Favorite Seasonings
12 oz frozen green beans

1. Bake breaded fish fillet in the air fryer or oven per box. Most say bake in oven at 425F for 14-16 minutes or air fry at 375F for 10-12 minutes.
2. While fish bakes, boil chopped potatoes until tender.
3. Drain potatoes and return to the pot. Add butter and milk/half & half. Mash until smooth. Season with favorite seasonings.
4. During the last 5–7 minutes of the fish cooking time, steam or microwave the green beans until tender.
5. Serve fish with mashed potatoes and green beans. Add a squeeze of lemon if desired.