

Rachel Cooks

MEAL PLAN #61 - BUDGET

MONDAY



Sheet Pan Egg Sandwiches with English Muffins

- Nutritious eggs are an economical way to add protein to a meal.
- This meal works well for breakfast, lunch or dinner. If you have leftover eggs, make breakfast sandwiches that can be frozen for a grab-and-go breakfast or lunch.

TUESDAY



Homemade Hamburger Helper (Cheeseburger Macaroni)

- You'll love this homemade version of Hamburger Helper. The ingredients are simple, mostly pantry items, and it's an easy one pan meal.
- Although the boxed mix is fairly inexpensive, you still have to add the meat and milk. Homemade is much more substantial with healthier ingredients.

WEDNESDAY



Baked Chicken Parmesan and Broccoli Sheet Pan Dinner

- This is a one pan dinner. It's easy to make. If you want to serve a side, salad or bread would go well. Adjust grocery list accordingly.

THURSDAY



Mulligatawny Soup

- Soup is usually easy on your budget. Mulligatawny soup includes a lot of pantry items (such as seasonings, rice, flour, chicken stock, canned tomatoes). You can often improvise a bit, using vegetables or even meat you happen to have.
- If you have extra soup, it makes a great lunch, too!

FRIDAY



Homemade Hot Pockets

- The recipe makes 8 hot pockets, 2 per serving. It's easy to double the recipe ; extra hot pockets can be frozen for future meals or snacks.
- If you don't care for pepperoni, refer to the recipe card for more suggestions.
- Making your own hot pockets is more economical and healthier.

BONUS



Pancake Mix

- This easy recipe is a great substitute for boxed pancake mixes. It's more economical to make your own mix. It will make more than 50 small pancakes.
- To make pancakes using the mix: Combine 1 cup pancake mix, 1 egg, $\frac{3}{8}$ cup milk (any type), and 2 tablespoons oil or melted butter. Makes 6 to 7 small pancakes.

NOTES

- Cooking Quote of the Week: "You better cut the pizza in four pieces because I'm not hungry enough to eat six." – Yogi Berra





GROCERY LIST FOR MEAL PLAN #61

HOW TO USE IT:

Decide if you're planning to make all the recipes. Check to see what you have already in your fridge or pantry and cross those items off the grocery list. Make any substitutions you want. You're ready to go!

PRODUCE

- onions (2) - Tu/Th
- garlic (2 cloves) - Th
- carrot (1) - Tu
- celery (3 stalks) - Th
- broccoli (1 head or about 9 oz) - W
- green bell pepper (1) - Th
- granny smith apple (1) - Th
- fresh parsley (optional) - Th

DAIRY / REFRIGERATED

- eggs (15) - M/W/F/Bonus
- butter (4 T) - Th/Bonus
- whole milk (36 oz) - M/Th/Bonus
- sliced cheese (6) - M
- full-fat cream cheese (2 oz) - Tu
- shredded sharp cheddar cheese (1 c) - Tu
- grated Parmesan cheese (½ c) - W
- shredded mozzarella cheese (2 c) - W/F

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- chili powder - Tu
- paprika - Tu
- parsley flakes - Tu
- garlic powder - Tu/W
- dried oregano - W
- curry powder - Th
- red pepper flakes - Th

BREAD / PASTA / GRAINS

- english muffins (6) - M
- whole wheat elbow macaroni (8 oz, see note) - Tu
- long grain white rice (½ c uncooked) - Th
- naan bread (optional) - Th
- pizza dough (1 lb) - F

PANTRY

- all-purpose flour - Tu/W/Th
- whole wheat flour - Bonus
- sugar - Bonus
- brown sugar - Tu
- baking powder - Bonus
- panko bread crumbs (½ c) - W

MEAT / FISH / PROTEIN

- lean ground beef or ground turkey (1 lb) - Tu
- boneless skinless chicken breast (3 lb) - W/Th
- pepperoni or mini pepperoni (½ c) - F

CANNED GOODS

- tomato paste (2 T) - Tu
- 14.5 oz can petite diced tomatoes (2) - Tu/Th
- low-sodium beef broth (16 oz) - Tu
- low-sodium chicken broth (32 oz) - Th
- marinara sauce (1 jar or 16 oz) - W/F

OTHER

- egg sandwich mix-ins and toppings, such as spinach leaves, bacon, sausage, bell peppers, etc (optional, see recipe for more details) - M
- salad or bread to serve with chicken (optional) - W
- pancake toppings - Bonus

NOTES

- If you're not a fan of whole wheat macaroni, regular macaroni is fine (Tu).
- Buying in bulk: It's more economical to purchase larger quantities that can be used for multiple meals. Buy a large jar of marinara and a large bag of shredded mozzarella for W/F and a family pack of chicken for W/Th.

