

Free Printable Week Meal Plan on a Budget with Shopping List

Grocery list

Dozen eggs

Butter

Sour cream

Milk

Parmesan cheese wedge

Yogurt 4

2 c ricotta cheese

Cheese sticks

Block of cheddar cheese to shred for tacos

Block of mozzarella to grate

2 pounds breakfast sausage

1 pound chicken thighs

Citrus fruit of your choice 4

Cabbage

Onions 5

2 heads lettuce

Apples 8

Carrots

Celery

Garlic

2 pkg mushrooms

1 crown broccoli

Bananas 8

Raisins

Butternut squash

Kale

Cauliflower

Cucumbers 2

Tomatoes

Zucchini 4

Spinach

Bag of frozen corn

Tortilla chips

Canister of oatmeal

White rice

Wild rice

Flour

Granola (or make some)

Peanut butter

Olive oil

Bag of beans

Taco mix 3

Tuna

Mayo or miracle whip

Spicy mustard

Pickles

Chicken stock 6 quarts

1 jar artichoke hearts

Whole wheat bread

Nuts

Whole wheat flour tortillas

Can of Rotel

English muffins

Dried thyme

Sage

Dill

Oregano

Once you have purchased all of these items, you'll see that it's far less expensive than a week of eating out and you'll have leftover supplies for many dishes in the future.

Sunday

Food prep day

Boil 8 eggs

Cut up carrots, broccoli, cauliflower, cucumbers into sticks, chunks, and slices. Prep a big salad to use multiple times. If you like ranch dressing, this is the best ranch dressing you'll ever taste.

Breakfast

Oatmeal, citrus fruit

Snack

Cheese stick

Lunch

Cabbage rolls

Side salad

Snack

Apple

Dinner

Chicken artichoke and wild rice casserole

Roasted broccoli

Monday

Breakfast

Boiled egg

Whole wheat toast

Banana

Snack

Handful of nuts

Lunch

Chicken artichoke and wild rice casserole

Roasted broccoli

Snack

Banana

Dinner

Cabbage Rolls

Side salad

Tuesday

Breakfast

Yogurt and granola

Apple

Snack

Boiled egg and raisins

Lunch

PBJ

Sliced cucumbers with a little drizzle of vinegar and salt and pepper.

Side salad

Snack

Banana

Dinner

Cauliflower, butternut squash soup

Whole wheat toast

Wednesday

Breakfast

Cook up the pound of sausage in patties and put a pound of beans in the crockpot with taco mix.

Sausage

Apple

Snack

Carrot sticks

Lunch

Tuna salad recipe with eggs on a sandwich

Cucumber salad

Snack

Cheese stick

Dinner

Taco/Nacho salad using browned ground turkey and beans, fresh diced tomatoes, lettuce, onions, and shredded cheese.

Thursday

Breakfast

Yogurt and granola

Banana

Raisins

Snack

Apple

Lunch

Soft taco using leftover meat, beans, and toppings from last night

Snack

Peanut butter and celery

Dinner

Taco soup using leftover beans, a bag of frozen corn, and a can of Rotel

Friday

Breakfast

Sausage English Muffin

Snack

Apple

Lunch

Snack

Boiled egg

Dinner

Vegetable lasagna using zucchini noodles

Side salad

Saturday

Breakfast

Healthy Pancakes

Citrus fruit

Sausage patty

Snack celery (chop up the rest of the celery in slices and toss in the freezer for soups later)

Rest of the day use up any leftovers