

# CHEAP EATS MEAL PLAN AND SHOPPING LIST | WEEK 1



## MONDAY

- PENNE ROSA

## TUESDAY

- CHICKEN SALAD SANDWICHES

## WEDNESDAY

- GROUND BEEF STROGANOFF & RICE

## THURSDAY

- AMERICAN CARBONARA

## FRIDAY

- CILANTRO-LIME CHICKEN QUESADILLAS

## SATURDAY

- GROUND BEEF CHEESESTEAKS

## SUNDAY

- COUNTRY STYLE RIBS & THE BEST CORN

### BAKERY

- Croissants (4)

- Hamburger Buns (8)

### BAKING AISLE

- All-Purpose Flour (1/4 cup)

- Granulated Sugar (2 tsp)

- Slivered Almonds (1/4 cup)

### CANNED & SHELF-STABLE

- Barbecue Sauce (1 cup)

- Beef Broth (3 cups)

- Flour Tortillas (8 8-inch)

- Long Grain White Rice (2 cups)

- Marinara Sauce (1 1/2 cups)

- Penne Pasta (1 lb)

- Spaghetti (1 lb)

### DAIRY & EGGS

- Cream Cheese (8 oz)

- Egg Yolks (4 large)

- Eggs (2 large)

- Grated Parmesan Cheese (2 cups)

- Heavy Cream (1/2 cup)

- Provolone Cheese (8 slices)

- Salted Butter (3/4 cup)

- Shredded Mozzarella Cheese (2 cups)

### DELI

- Shredded Cooked Chicken (12 oz)

### FROZEN

- Frozen Corn (16 oz)

- Frozen Peas (1 cup)

### MEAT

- Bacon (1 lb)

- Boneless Skinless Chicken Breasts (1 large)

- Country Style Boneless Pork Ribs (2 lb)

- Ground Beef (3 1/2 lb)

### PRODUCE

- Baby Spinach (3 cups)

- Carrots (3 medium)

- Celery Rib (1)

- Chopped Fresh Cilantro (1/3 cup)

- Green Cabbage (1 medium head)

- Green Bell Pepper (1 medium)

- Lemon Juice (1 tsp)

- Lime Juice (2 tbsps)

- Minced Garlic (2 tbsps + 2 tsp)

- Minced Red Onion (2 tbsps)

- Olive Oil (4 tbsps)

- Purple Cabbage (1 small head)

- Red Grapes (1/4 cup)

- Roma Tomatoes (4)

- Sliced Mushrooms (16 oz)

- White Onion (2 1/2 medium)

- Yellow Onion (1 medium)

### PANTRY STAPLES

- Black Pepper (4 1/2 tsp)

- Crushed Red Pepper Flakes (1/4 tsp)

- Dijon Mustard (3 tbsps)

- Garlic Powder (3 tsp + a pinch)

- Ground Cumin (1 tsp)

- Ground Mustard (1 tsp)

- Mayonnaise (1 cup)

- Nonstick Cooking Spray

- Onion Powder (1 tsp)

- Red Wine Vinegar (2 tbsps)

- Salt (6 1/2 tsp)

- Season Salt (1 tsp)

- Smoked Paprika (1 tbsps)

- Whole Grain Mustard (2 tsp)

- Worcestershire Sauce (1 tbsps)