

# CHEAP EATS MEAL PLAN

## AND SHOPPING LIST | WEEK 2



### MONDAY

☐ ONE POT SPAGHETTI

### TUESDAY

☐ CHICKEN TACO SALAD

### WEDNESDAY

☐ SHEET PAN SAUSAGE & VEGGIES

### THURSDAY

☐ FRIED CABBAGE

### FRIDAY

☐ CHICKEN NUGGETS AND  
MAC & CHEESE

### SATURDAY

☐ CILANTRO RANCH PASTA SALAD

### SUNDAY

☐ TASTY TACO CASSEROLE

### BAKING AISLE

☐ All-Purpose Flour (1/2 cup)

☐ Brown Sugar (1 tbsp)

☐ Plain Bread Crumbs (1 cup)

### CANNED & SHELF-STABLE

☐ Beef Broth (3 cups)

☐ Black Beans (one 14.5 oz can)

☐ Bowtie Pasta (1 lb)

☐ Corn Kernels (2 cups)

☐ Corn Tortillas (12 6-inch)

☐ Diced Green Chiles (one 7 oz can)

☐ Diced Tomatoes (two 15 oz cans)

☐ Elbow Macaroni (1 lb)

☐ Green Salsa (16 oz)

☐ Red Kidney Beans (one 15.5 oz can)

☐ Salsa (2 cups)

☐ Sliced Black Olives (one 2.25 oz can)

☐ Spaghetti (1 lb)

☐ Tomato Sauce (two 15 oz cans)

### DAIRY & EGGS

☐ Cheddar Cheese (8 oz)

☐ Freshly Grated Parmesan Cheese (1/2 cup)

☐ Milk (3 cups)

☐ Salted Butter (1 cup + 2 tablespoons)

☐ Shredded Cheddar Cheese (3 cups)

☐ Shredded Sharp Cheddar Cheese (8 oz)

### FROZEN

☐ Frozen Corn (1 cup)

### MEAT

☐ Boneless Skinless Chicken Breast (2 lbs)

☐ Chicken Tenders (1 1/2 lbs)

☐ Cooked and Crumbled Bacon (1/2 cup)

☐ Ground Beef (3 1/2 lbs)

☐ Smoked Sausage (14 oz)

☐ Thick Cut Bacon Slices (6)

### PRODUCE

☐ Avocados (2)

☐ Cherry or Grape Tomatoes (8 oz)

☐ Yellow Onion (1/3 cup, diced)

☐ English Cucumber (1)

☐ Fresh Cilantro Leaves (4 cups)

☐ Green Cabbage (1/2 head)

☐ Lime Juice (1/2 cup + 2 tbsp)

☐ Minced Garlic (5 tsp)

☐ Olive Oil (3 tbsp)

☐ Red Baby Potatoes (1 1/2 lbs)

☐ Red Bell Pepper (1 medium)

☐ Red Onion (2 medium)

☐ Roma Tomatoes (2 medium)

☐ Spring Mix Salad Greens (8 cups)

☐ White Onion (2 medium)

☐ Zucchini (2 medium)

### PANTRY STAPLES

☐ Black Pepper (3 1/4 tsp)

☐ Cayenne Pepper (1/4 tsp)

☐ Chili Powder (3 tsp)

☐ Dried Basil (2 tbsp)

☐ Dried Oregano (1 tbsp)

☐ Extra Virgin Olive Oil (1 cup)

☐ Garlic Powder (6 1/4 tsp)

☐ Ground Cumin (1 tbsp + 1/2 tsp)

☐ Ground Mustard (1 1/2 tsp)

☐ Italian Seasoning (1 tbsp)

☐ Mayonnaise (1 cup)

☐ Onion Powder (6 3/4 tsp)

☐ Paprika (1/2 tsp)

☐ Red Wine Vinegar (1/4 cup)

☐ Salt (9 3/4 tsp)

☐ Smoked Paprika (1/4 tsp)

☐ White Pepper (1/2 tsp)