

CHEAP EATS MEAL PLAN

AND SHOPPING LIST | WEEK 3



MONDAY

☐ AMERICAN GOULASH

TUESDAY

☐ STUFFED BELL PEPPERS

WEDNESDAY

☐ CHICKEN FAJITA SALAD

THURSDAY

☐ HOBO FOIL PACKETS

FRIDAY

☐ FRENCH BREAD PIZZA

SATURDAY

☐ CHICKEN BROCCOLI & RICE
CASSEROLE

SUNDAY

☐ LEMON CHICKEN & ORZO

BAKERY

☐ French Bread (2 loaves)

BAKING AISLE

☐ All-Purpose Flour (3 tbsp)

☐ Granulated Sugar (2 tsp)

CANNED & SHELF-STABLE

☐ Beef Broth (3 cups)

☐ Chicken Broth (6 1/2 cups)

☐ Diced Tomatoes (three 15 oz cans)

☐ Elbow Macaroni (1/2 lb)

☐ Long Grain White Rice (2 cups)

☐ Orzo (16 oz)

☐ Pizza Sauce (3 cups)

☐ Tomato Sauce (two 15 oz cans)

DAIRY & EGGS

☐ Grated Parmesan Cheese (1 cup)

☐ Milk (2 cups)

☐ Salted Butter (1 1/4 cups + 2 tbsp)

☐ Shredded Cheddar Cheese (2 cups)

☐ Shredded Mozzarella Cheese (5 1/2 cups)

☐ Shredded Pepper Jack Cheese (1 1/2 cups)

FROZEN

☐ Frozen Corn (1 cup)

MEAT

☐ Boneless Skinless Chicken Breast (3 1/2 lbs)

☐ Ground Beef (4 1/2 lbs)

PRODUCE

☐ Avocado (1 medium)

☐ Bell Peppers (6 medium)

☐ Broccoli Florets (4 cups)

☐ Carrots (3 medium)

☐ White Onion (4 1/2 medium)

☐ Green Bell Pepper (1 medium)

☐ Lemon Juice (1/4 cup)

☐ Lime Juice (1/4 cup)

☐ Minced Garlic (13 tsp)

☐ Olive Oil (7 tbsp)

☐ Red Bell Pepper (1 medium)

☐ Romaine Lettuce (1 head)

☐ Yukon Gold Potatoes (4 medium)

REFRIGERATED

☐ Pepperoni Slices (8 oz)

PANTRY STAPLES

☐ Black Pepper (4 tsp)

☐ Chili Powder (2 1/2 tsp)

☐ Crushed Red Pepper Flakes (1 tsp)

☐ Dried Basil (2 tbsp)

☐ Dried Oregano (2 tsp)

☐ Dried Thyme (1 tsp)

☐ Extra Virgin Olive Oil (1/4 cup)

☐ Garlic Powder (6 1/2 tsp)

☐ Ground Cumin (1 tsp)

☐ Italian Seasoning (1 tbsp + 1/2 tsp)

☐ Onion Powder (2 tbsp + 1 tsp)

☐ Paprika (1 tsp)

☐ Salt (7 1/2 tsp)

☐ Worcestershire Sauce (1 tbsp)

PERSONAL ITEMS

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