

CHEAP EATS MEAL PLAN

AND SHOPPING LIST | WEEK 4



MONDAY

☐ BAKED ZITI

TUESDAY

☐ CHICKEN FAJITAS

WEDNESDAY

☐ COWBOY PASTA SALAD

THURSDAY

☐ ONE POT QUESO CHICKEN & RICE

FRIDAY

☐ SLOPPY JOES

SATURDAY

☐ LEMON HERB CHICKEN SPAGHETTI

SUNDAY

☐ CREAMY CHICKEN ENCHILADA CASSEROLE

BAKERY

☐ Hamburger Buns (8)

BAKING AISLE

☐ Brown Sugar (1 tbsp)

CANNED & SHELF-STABLE

☐ Black Beans (one 14.5 oz can)

☐ Chicken Broth (6 cups)

☐ Corn Kernels (one 14.5 oz can)

☐ Corn Tortillas (28 6-inch)

☐ Crushed Tomatoes (one 28 oz can)

☐ Flour Tortillas (12 6-inch)

☐ Long Grain White Rice (3 cups)

☐ Rotini Pasta (1 lb)

☐ Salsa (1 cup)

☐ Salsa Verde (16 oz + 1 cup)

☐ Spaghetti (1 lb)

☐ Tomato Paste (two 6 oz can)

☐ Tomato Sauce (one 15 oz can + one 8 oz can)

☐ Ziti Pasta (1 lb)

DAIRY & EGGS

☐ Cheddar Cheese (8 oz)

☐ Cream Cheese (8 oz)

☐ Freshly Grated Parmesan Cheese (1 cup)

☐ Heavy Cream (1 cup)

☐ Ricotta Cheese (8 oz)

☐ Salted Butter (2 tbsp)

☐ Shredded Cheddar Cheese (3 cups)

☐ Shredded Mozzarella Cheese (4 cups)

☐ Sour Cream (1/2 cup)

DELI

☐ Shredded Cooked Chicken (4 cups)

MEAT

☐ Bacon (4 slices)

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

☐ Chicken Tenders (2 lbs)

☐ Ground Beef (3 lbs)

PRODUCE

☐ Avocados (2 medium)

☐ Celery (2 ribs)

☐ Cherry or Grape Tomatoes (8 oz)

☐ Yellow Onion (1 cup, diced)

☐ Fresh Basil Leaves (1/2 cup)

☐ Green Bell Pepper (1 medium)

☐ Jalapeños (2 medium)

☐ Lemon Juice (1/4 cup)

☐ Lime Juice (1/4 cup + 1 tbsp)

☐ Minced Garlic (16 tsp)

☐ Multi-Color Bell Peppers (3 large)

☐ Olive Oil (7 tbsp)

☐ Red Onion (1 1/2 medium)

☐ Sliced Mushrooms (8 oz)

☐ Tomatoes (2 large)

☐ White Onion (2 medium)

PANTRY STAPLES

☐ Black Pepper (3 3/4 tsp)

☐ Chili Powder (4 1/2 tsp)

☐ Crushed Red Pepper Flakes (1 1/2 tsp)

☐ Dried Basil (1 tbsp + 1 tsp)

☐ Dried Oregano (1 tbsp + 1 tsp)

☐ Extra Virgin Olive Oil (1/4 cup)

☐ Garlic Powder (1 tsp)

☐ Granulated Garlic (1 tbsp)

☐ Ground Cumin (7 1/2 tsp)

☐ Ground Mustard (1 tsp)

☐ Mayonnaise (1 cup)

☐ Onion Powder (1 tbsp + 1 tsp)

☐ Salt (7 1/4 tsp)

☐ Smoked Paprika (1 tbsp)

☐ Worcestershire Sauce (2 tbsp)