

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)

- ☐ Sour Cream (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 tbsp)

- ☐ Minced Garlic (2 tbsp + 2 tsp)

- ☐ Minced Red Onion (2 tbsp)

- ☐ Olive Oil (4 tbsp)

- ☐ 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 tbsp)

- ☐ 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 tbsp)

- ☐ Salt (6 1/2 tsp)

- ☐ Season Salt (1 tsp)

- ☐ Smoked Paprika (1 tbsp)

- ☐ Whole Grain Mustard (2 tsp)

- ☐ Worcestershire Sauce (1 tbsp)