

CHEAP EATS MEAL PLAN❄

AND SHOPPING LIST | WEEK 2



MONDAY

☐ ONE POT SPAGHETTI

TUESDAY

☐ CHICKEN AND DUMPLINGS

WEDNESDAY

☐ SHEET PAN SAUSAGE & VEGGIES

THURSDAY

☐ SLOW COOKER GREEN CHILE PORK STEW

FRIDAY

☐ CHICKEN NUGGETS AND MAC & CHEESE

SATURDAY

☐ PASTA E FAGIOLI

SUNDAY

☐ TASTY TACO CASSEROLE

CANNED & SHELF-STABLE

☐ Black Beans (one 14.5 oz can)

☐ Cannellini Beans (one 15 oz can)

☐ Chicken Broth (12 cups)

☐ Corn Kernels (2 cups)

☐ Corn Tortillas (12 6-inch)

☐ Diced Green Chiles (two 7 oz cans)

☐ Diced Tomatoes or Fire Roasted Diced Tomatoes (four 15 oz cans)

☐ Ditalini Pasta (1 1/2 cups)

☐ Elbow Macaroni (1 lb)

☐ Red Kidney Beans (one 15 oz can)

☐ Salsa (2 cups)

☐ Spaghetti (1 lb)

☐ Tomato Sauce (two 15 oz cans)

DAIRY & EGGS

☐ Grated Parmesan Cheese (1 cup)

☐ Milk (3 cups)

☐ Salted Butter (1 cup + 2 tbsp)

☐ Shredded Cheddar (20 oz or 5 cups)

☐ Buttermilk (1 cup)

MEAT

☐ Boneless Skinless Chicken Breasts (7, or 3 1/2 lbs)

☐ Ground Beef (3 1/2 lbs)

☐ Ground Italian Sausage (1 lb)

☐ Pork Loin (2 lbs)

☐ Smoked Sausage (14 oz)

PANTRY STAPLES

☐ All-Purpose Flour (2 1/2 cups)

☐ Baking Powder (3 tsp)

☐ Beef Broth (7 cups)

☐ Black Pepper (3 1/2 tsp)

☐ Chili Powder (2 tsp)

☐ Dried Basil (2 tbsp)

☐ Dried Bread Crumbs (1 cup)

☐ Dried Oregano (4 tsp)

☐ Dried Thyme (1/2 tsp)

☐ Garlic Powder (3 tsp)

☐ Ground Cumin (4 tsp)

☐ Ground Mustard (1 1/2 tsp)

☐ Italian Seasoning (1 tbsp)

☐ Olive Oil (1 tbsp)

☐ Onion Powder (3 1/2 tsp)

☐ Paprika (1/2 tsp)

☐ Salt (1 1/2 tsp)

PRODUCE

☐ Carrots (10)

☐ Celery Ribs (7)

☐ Chopped Fresh Basil (1/4 cup)

☐ Minced Garlic (15 tsp/cloves)

☐ Red Baby Potatoes (1 1/2 lbs)

☐ Red Bell Pepper (1)

☐ Red Onion (1)

☐ Russet Potatoes (2)

☐ Tomato (1)

☐ White Onion (3)

☐ Yellow Onion (2)

☐ Zucchini (2)

PERSONAL ITEMS

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