CHEAP EATS MEAL PLAN* AND SHOPPING LIST | WEEK 3



MUNDAY	Pizza Sauce (3 cups)	Yukon Gold Potatoes (4 medium)
_ AMERICAN GOULASH	☐ Tomato Sauce (two 15 oz cans)	REFRIGERATED
TUESDAY	DAIRY & EGGS	Pepperoni Slices (8 oz)
STUFFED BELL PEPPERS	☐ Grated Parmesan Cheese (1 cup)	PANTRY STAPLES
WEDNESDAY	☐ Milk (2 cups)	☐ Black Pepper (4 tsp)
CHICKEN FAJITA SALAD	Salted Butter (11/4 cups + 2 tbsp)	Chili Powder (2 1/2 tsp)
THURSDAY	☐ Shredded Cheddar Cheese (2 cups)	☐ Crushed Red Pepper Flakes (1 tsp)
HOBO FOIL PACKETS	☐ Shredded Mozzarella Cheese (5 1/2 cups)	Dried Basil (2 tbsp)
FRIDAY	☐ Shredded Pepper Jack Cheese (11/2 cups)	☐ Dried Oregano (2 tsp)
FRENCH BREAD PIZZA	FROZEN	☐ Dried Thyme (1 tsp)
	Frozen Corn (1 cup)	Extra Virgin Olive Oil (1/4 cup)
SATURDAY CHICKEN BROCCOLI & RICE	MEAT	Garlic Powder (6 1/2 tsp)
CASSEROLE	☐ Boneless Skinless Chicken Breast (3 1/2 lbs)	Ground Cumin (1 tsp)
SUNDAY	Ground Beef (4 1/2 lbs)	☐ Italian Seasoning (1 tbsp + 1/2 tsp)
LEMON CHICKEN & ORZO	PRODUCE	Onion Powder (2 tbsp + 1 tsp)
BAKERY	Avocado (1 medium)	Paprika (1 tsp)
French Bread (2 loaves)	☐ Bell Peppers (6 medium)	Salt (7 1/2 tsp)
BAKING AISLE	☐ Broccoli Florets (4 cups)	Worcestershire Sauce (1 tbsp)
All-Purpose Flour (3 tbsp)	Carrots (3 medium)	PERSONAL ITEMS
Granulated Sugar (2 tsp)	White Onion (4 1/2 medium)	
CANNED & SHELF-STABLE	Green Bell Pepper (1 medium)	
Beef Broth (3 cups)	Lemon Juice (1/4 cup)	
☐ Chicken Broth (6 1/2 cups)	Lime Juice (1/4 cup)	
☐ Diced Tomatoes (three 15 oz cans)	Minced Garlic (13 tsp)	
Elbow Macaroni (1/2 lb)	Olive Oil (7 tbsp)	
Long Grain White Rice (2 cups)	Red Bell Pepper (1 medium)	
Orzo (16 oz)	☐ Romaine Lettuce (1 head)	