

CHEAP EATS MEAL PLAN

PANTRY STAPLES



SEASONINGS

- Olive Oil (25 tbsp)
- Extra Virgin Olive Oil (1 1/2 cups)
- Brown Sugar (2 tbsp)
- All-Purpose Flour (3/4 cup + 3 tbsp)
- Granulated Sugar (4 tsp)
- Plain Bread Crumbs (1 cup)
- Long Grain White Rice, Jasmine or Basmati (7 cups)
- Salt (31 tsp)
- Black Pepper (15 1/2 tsp)
- Garlic Powder (12 tsp)
- Onion Powder (19 tsp)

- Chili Powder (10 tsp)

- Ground Cumin (13 tsp)
- Ground Mustard (3 1/2 tsp)
- Dried Thyme (1 tsp)
- Italian Seasoning (2 tbsp + 1/2 tsp)
- Dried Basil (5 tbsp + 1 tsp)
- Dried Oregano (2 1/2 tsp)
- Paprika (1 1/2 tsp)
- Crushed Red Pepper Flakes (2 3/4 tsp)
- Smoked Paprika, optional (2 tbsp + 1/4 tsp)
- Cayenne Pepper, optional (1/4 tsp)
- White Pepper, optional (1/2 tsp)

CONDIMENTS & DRESSINGS

- Mayonnaise (3 cups)
- Dijon Mustard (3 tbsp)
- Red Wine Vinegar (6 tbsp)
- Worcestershire Sauce (4 tbsp)

BROTH TIPS

YOU CAN EITHER PICK UP BEEF AND CHICKEN STOCK AS YOU GO, OR USE BOUILLON CUBES OR BETTER THAN BOUILLON INSTEAD.

KITCHEN TOOLS

WE KEPT THE KITCHEN GEAR TO THE BASICS. YOU DON'T NEED FANCY APPLIANCES OR A DOZEN GADGETS TO MAKE ANY OF THESE MEALS. HERE'S WHAT'S HELPFUL TO HAVE:



A good knife and cutting board
A large 12-inch skillet
A 4-quart saucepan
A 6-quart pot

A baking sheet
A 9x13 pan or 3-quart casserole dish
A large mixing bowl or salad bowl
Measuring cups and spoons

OPTIONAL: We love using a 6-quart enameled cast iron dutch oven. There's absolutely no need to spend hundreds of dollars to get one of the fancy name-brand ones. Most of ours are generic brands or inexpensive purchases from Walmart or Costco.