



Weeknight Meal Plan

5 Meals for Under \$50

GROCERY LIST

Produce

- 2 yellow onions
- 1 bunch cilantro
- bag of mixed salad
- green bell pepper
- 1 jalapeño
- 1 pound fresh green beans
- 2 pounds red potatoes
- 5 cloves fresh garlic

Meat

- 2 pounds ground beef
- 14 oz. smoked sausage
- 1.5 pounds chicken breasts

Refrigerated

- refrigerated pie crust, 2 count
- 3 tablespoons butter

Spices

- salt & pepper
- garlic powder
- ground clove
- crushed red pepper
- oregano
- ground cumin
- cajun seasoning blend
- Herbes de Provence

Canned Goods & Pantry

- 12 oz. canned chicken
- 14 oz. can mixed vegetables
- 10 3/4 oz. can cream of chicken soup
- 2- 14.5 oz cans chicken broth
- 4 oz. small can of diced chilies
- 3- 15.5 oz cans of Great Northern Beans
- 2 boxes of mac & cheese
- 1 taco seasoning packet
- 15 oz. can kidney beans
- 10 oz. can Rotel tomatoes and green chilies
- 2 teaspoons brown sugar
- 1/2 cup ketchup
- 1 teaspoon mustard
- 1 teaspoon of Worcestershire sauce
- package of hamburger buns

RECIPES

#1 - Weeknight Chicken Pot Pie

#2 - Sausage, Green Beans, & Potatoes One-Pot Dinner

#3 - White Bean Chicken Chili

#4 - 10 Minute Sloppy Joes

#5 - Taco Mac & Cheese