



# Feed Family for Less Meal Plan (v20.2)

## TABLE OF CONTENTS

*Recipes – Estimated Cost = \$120*

Beef Stir Fry

Southwest Chicken Skillet

Creamy Pesto Pasta with Chicken and Broccoli

Easy Shrimp and Vegetable Skillet

Cauliflower Fried Rice

30 Minute Shepherd's Pie

Leftovers

### *Shopping Lists*

Shopping List by Recipe

Shopping List by Store Section

### *Meal Prep Ideas*

Prep Instructions to Save Time

### *Meal Planning Templates*

Pantry Inventory Sheet

Pantry Organization Checklist

Blank Recipe Cards

Blank Weekly Meal Planner & Shopping List

Grocery Budget Planner

Kitchen Organization Checklist

# Meal Plan v20.2

## Shopping List by Recipe



### Easy Shrimp and Vegetable Skillet

- 3 bell peppers
- 2 Tbsp butter
- 2 zucchini
- 2 garlic cloves
- Fresh parsley
- 2 lbs peeled and deveined shrimp
- 2 yellow squash

### Beef Stir Fry

- 9 oz snap
- 2 lbs beef sirloin
- 3 bell peppers
- ¾ cup cashews
- 2 zucchini
- 5 garlic cloves
- 1 inch ginger
- 2 Tbsp maple syrup
- ¼ cup soy sauce
- 3 green onions
- 2 Tbsp toasted sesame oil

### Cauliflower Fried Rice

- 3 onion sprigs
- 1 carrot
- 16 oz cauliflower rice
- 4 eggs
- 1 garlic clove
- 1 Tbsp ginger
- 1 Tbsp honey
- 1 onion
- 1 cup peas
- 3 Tbsp soy sauce
- 2 Tbsp toasted sesame oil

### Creamy Pesto Pasta with Chicken and Broccoli

- ⅓ cup basil pesto
- ½ cup chicken broth
- 4 oz cream cheese
- 8 oz bow tie pasta
- 8 oz frozen broccoli florets
- 1 lb boneless skinless chicken breast

### 30 Minute Shepherd's Pie

- 1.75 pounds ground beef
- 1 cup beef stock
- 2 tablespoons butter
- 1 carrot
- ½ cup cream
- 1 egg yolk
- ½ cup frozen peas
- 1 onion
- 2 tablespoons fresh parsley leaves
- 2 pounds potatoes
- 2 tablespoons sour cream

### Need anything else?

- 
- 
- 
- 
- 
- 
- 
- 

### Southwest Chicken Skillet

- 1.5 lb boneless skinless chicken thighs
- 2 tablespoons fresh cilantro
- Cotija cheese
- 14 ounces zucchini
- 2 tablespoons fresh lime juice
- 1 cup frozen corn kernels
- 2 cloves garlic
- 1 tablespoon mexican seasoning mix
- 1 ½ teaspoons mexican seasoning mix
- 1 red bell pepper

# Meal Plan v20.2

## Shopping List by Section



### Breakfast foods

- 1 Tbsp honey 2
- 2 Tbsp maple syrup 3

### Frozen

- 8 oz frozen broccoli florets 4
- 1 cup frozen corn kernels 5
- ½ cup frozen peas 1

### Meats and seafood

- 1.75 pounds ground beef 1
- 2 lbs beef sirloin 3
- 1.5 lb boneless skinless chicken thighs 5
- 2 lbs peeled and deveined shrimp 6
- 1 lb boneless skinless chicken breast 4

### Need anything else?

- 
- 
- 
- 
- 
- 
- 
- 

### Condiments

- ⅓ cup basil pesto 4
- 105ml soy sauce
- 4 Tbsp toasted sesame oil

### Fruits and vegetables

- 2 carrot
- 16 oz cauliflower rice 2
- 2 tablespoons fresh cilantro 5
- 6 zucchini
- 2 tablespoons fresh lime juice 5
- 10 garlic cloves
- 12g ginger
- 2 onion
- 2 tablespoons fresh parsley leaves 1
- Fresh parsley 6
- 1 cup peas 2
- 7 bell peppers
- 2 pounds potatoes 1
- 3 green onions 3
- 2 yellow squash 6

### Dairy and eggs

- 54.66g butter
- Cotija cheese 5
- 4 oz cream cheese 4
- ½ cup cream 1
- 5 egg yolk
- 2 tablespoons sour cream 1

### Herbs and spices

- 10.8g mexican seasoning mix

### Other

- 1 cup beef stock 1
- ½ cup chicken broth 4

### Pasta, rice and beans

- 8 oz bow tie pasta 4

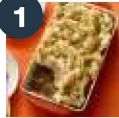
### Snacks


- ¾ cup cashews 3


### Uncategorised

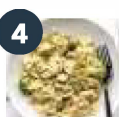
- 3 onion sprigs 2
- 9 oz snap 3


### Recipes in your list


- 

**1** 30 Minute Shepherd's Pie  
Food Network.com
- 

**2** Cauliflower Fried Rice  
ifoodreal.com
- 

**3** Beef Stir Fry  
ifoodreal.com
- 

**4** Creamy Pesto Pasta with Chicken and Broccoli  
budgetbytes.com
- 

**5** Southwest Chicken Skillet  
skinnytaste.com
- 

**6** Easy Shrimp and Vegetable Skillet  
cooktoria.com



## Feed Family for Less Meal Plan (v20.1)

### ASSUMED ON HAND

*The items listed below are NOT included in the shopping lists. I have assumed you have these pantry items/spices on hand already and do not need to purchase. If you do not have these items in your kitchen already, add them to the shopping list so you have them for the recipes in this meal plan.*

- Black pepper
- Cajun seasoning
- Chili powder
- cornstarch
- Red pepper flakes
- Extra virgin olive oil
- Garlic powder
- Cayenne pepper
- Ground cumin
- Kosher salt
- Onion powder
- Oregano
- Paprika
- All-purpose flour
- Salt
- Worcestershire sauce

### MEAL PREP IDEAS

- Cut beef sirloin into 1 inch cubes and freeze
- Cut boneless, skinless chicken thighs into 1-inch thin strips
- Cut boneless, skinless chicken breasts into ½-inch pieces
- Cut 6 bell peppers into 1 inch pieces – divide for 2 recipes, 1 bell pepper into thin matchsticks
- Cut 2 Zucchini into quarters, 2 zucchini sliced 1/8-inch-thick, and 2 zucchini in bite-size pieces
- Cut 2 yellow squash into bite size pieces
- Green onions chopped
- 1 onion chopped
- 1 carrot, peeled and chopped



## Feed Family for Less Meal Plan (v20.1)

### QUICK & EASY DINNER SIDES

*The items listed below are NOT included in the shopping lists. These are items that I try and keep on hand in the pantry and refrigerator/freezer to go along with our dinners. They are all versatile so they can go with pretty much any meal. No judging, I don't cook from scratch. I heat and serve 😊*

○ Great Value Garlic Bread	1.60
○ Sister Schubert's Dinner Yeast Rolls, 20 count	6.00
○ Great Value Seasoned Shredded Potatoes Tater Tots	4.00
○ Marketside Caesar Chopped Salad Kit	4.00
○ Betty Crocker Suddenly Pasta Salad, 2 pack	3.50
○ Kraft Original Flavor Mac and Cheese	1.00
○ Red Lobster Cheddar Bay Biscuit Mix Box	2.00
○ Great Value Traditional Refried Beans, 16 oz	1.00
○ Ranch Style Beans 15 oz	1.00
○ Bush's Country style Baked Beans 28 oz	2.00
○ Wolf brand Homestyle Chili 15 oz	2.00
○ Great Value Cut Green Beans	.50
○ Great Value Sliced Potatoes	1.00
○ Great Value Sweet Peas	.50
○ Glory Foods Seasoned Southern Style Green Beans 27 oz	2.00
○ Ore-Ida Fast Food Fries 26 oz Bag	3.00
○ Great Value Waffle Cut French Fried Potatoes 24 oz	2.00
○ Minute Instant Brown Rice 28 oz	3.50
○ Minute White Rice 28 oz	3.50
○ Great Value Instant Mashed Potatoes 26.7 oz	3.00
○ Frozen California Style Vegetable Mix 12 oz	1.00
○ Birds Eye Normandy Blend	6.00
○ Frozen Deluxe Stir Fry Vegetables	2.50
○ Frozen Broccoli & Cauliflower	1.00
○ Green Giant Frozen Simply Steamer Vegetables, Assorted	2.00



## Pantry Organization

Use this checklist to clean out, clean up and organize your home pantry.

What to toss (make note of anything that needs replacing):

- Expired foods
- Foods that are stale
- Unwanted items
- Items that are almost gone
- Expired spices
- Oils that have gone rancid
- Opened flour, cereals, grains, baking mixes, etc. that may have attracted moths, beetles, roaches, or weevils

Clean & Prep

- Starting at the top, clean shelves top to bottom
- Sweep or vacuum crumbs
- Clean and / or purchase clear air-tight storage bins
- Purchase hooks to hang
- Apply shelf liner

Sort & Group

- Transfer any items currently stored in paper bags or cardboard boxes to air-tight containers. Label containers.
- Separate the items you use most often from those less-often-used products. Place the regularly used items in a designated area at eye-view so they are easy to find and reach.
- Group multiples together, placing those closest to expiration date in the front. This allows you to see how many of an item you have and use them before they expire.
- Use food storage containers to organize small items such as packets of spices, gravy, etc.
- Store cleaning supplies, paper & plastic goods at the bottom of the pantry.

Restock with staples













## Kitchen Organization

Use this checklist to get your kitchen organized and streamlined.

Assessing what you have.

- Create three categories - keep, toss, and donate. As you work through cleaning the kitchen, assign each item a category. Take into consideration:
  - When was the last time you used it?
  - Is it cheap to replace if you haven't used it recently?
  - Is it time to replace the item with an updated version?
  - Is it in good shape?
  - How many do you really need?
  - Could someone else get more use out of it than you do?
  - Do you NEED it?
- Once you've tossed the junk and set aside the donated items. Go through the keep pile again and reassess things.

Countertops

- Remove countertop appliances & other items that are not used weekly
- Where possible, install under-cabinet appliances such as a can opener, coffee maker, etc.
- Place remaining countertop items where they are used most; cutting boards near prep area, knives and meat cutting board near stove.

Cupboards

- Sort and organize dishes, glasses and mugs, cookware, and bakeware
- Place cookware and bakeware closest to the stove. Glasses and mugs near the sink, etc. Frequently used items should be at the front of the cabinets.
- Group pots and pans by sizes and place inside one another
- Use hooks or special made organizers to store items such as aluminum foil, parchment paper, etc. inside cupboard doors.
- Use a cleaning caddy under the sink for cleaning supplies
- Use bins, clear containers, wire baskets to keep smaller items organized.