



Feed Family for Less Meal Plan (v20.3)

TABLE OF CONTENTS

Recipes – Estimated Cost = \$100

[Mongolian Ground Beef](#)

[Creamy Tortellini with Sweet Potato and Spinach](#)

[Pan-Seared Tilapia in Tomato Basil Sauce](#)

[Slow Cooker Ritz Chicken Recipe](#)

[Spinach and Artichoke Dip Pasta](#)

[One Pot Chili Mac and Cheese](#)

Leftovers

Shopping Lists

Shopping List by Recipe

Shopping List by Store Section

Meal Prep Ideas

Assumed Items on Hand

Prep Instructions to Save Time

Quick & Easy Dinner Sides

Meal Planning Templates

Pantry Inventory Sheet

Pantry Organization Checklist

Blank Recipe Cards

Weekly Meal Planner & Shopping List

Grocery Budget Planner

Kitchen Organization Checklist

Meal Plan v20.3

Shopping List by Section



- ### Canned foods
- 14 ounce Artichoke hearts 1
 - ¾ cup Canned white kidney beans 6
 - 10.5 ounce Cream of chicken soup 4
 - 14.5 ounce Diced tomatoes 6
 - ¾ cup Canned kidney beans 6

- ### Herbs and spices
- ½ teaspoon Crushed red pepper flakes 5

- ### Other
- 5 cup Chicken broth
 - ¼ cup Vegetable stock 5

- ### Snacks
- 1 ½ cups **Ritz** Ritz crackers 4

- ### Need anything else?
- -
 -
 -
 -
 -
 -
 -

- ### Condiments
- 1 tablespoon Hoisin sauce 3
 - 1 teaspoon Chili sauce 3
 - 1 teaspoon Sesame oil 3
 - 3 tablespoons Soy sauce 3


- ### Frozen
- 12 ounce Frozen cheese tortellini 2


- ### Meats and seafood
- 2 pound Ground beef
 - 6 Boneless skinless chicken breasts 4
 - 1.5 pounds Fresh tilapia 5

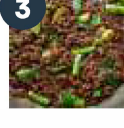
- ### Pasta, rice and beans
- 10 ounces Elbow macaroni 6
 - 8 ounces Penne 1


- ### Dairy and eggs
- 4 ounces Cream cheese 1
 - ¼ cup Parmigiano reggiano 1
 - ½ cup Half-and-half 2
 - ¾ cup Shredded cheddar cheese 6
 - ½ cup Mozzarella 1
 - 2 cups Sour cream 4


- ### Fruits and vegetables
- 5 ounce Baby spinach 2
 - ½ cup Fresh basil 5
 - 1 pint Cherry tomatoes 5
 - 2 tablespoons Fresh lemon juice 5
 - 7 Cloves garlic
 - 1 teaspoon Ginger 3
 - 1 Jalapeño 5
 - ½ teaspoon Fresh lemon zest 5
 - 1 Onion 6
 - 1 Onion 1
 - 2 tablespoons Fresh parsley leaves 6
 - 1 tablespoon Fresh rosemary 2


- ### Recipes in your list
- 

1 Spinach and Artichoke Dip Pasta
closetcooking.com
 - 

2 Creamy Tortellini with Sweet Potato and Spinach
thekitchn.com
 - 

3 Mongolian Ground Beef
closetcooking.com
 - 

4 Slow Cooker Ritz Chicken Recipe
sixsistersstuff.com
 - 

5 Pan-Seared Tilapia in Tomato Basil Sauce
eatwell101.com
 - 

6 One Pot Chili Mac and Cheese
damndelicious.net

8 ounces Spinach 1

4 Green onions 3

0.75 pound Sweet
potato 2



Feed Family for Less Meal Plan (v20.3)

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 & Salt
- Brown Sugar
- Butter
- Chili Powder
- Cornstarch
- Cumin
- Flour
- Milk
- Kosher Salt
- Olive Oil
- Parsley

MEAL PREP IDEAS

- Mince all cloves of garlic ahead of time
- Dice all onions
- Shred cheese if not already bought shredded
- Crush 1 ½ cups Ritz Crackers
- Slice cherry tomatoes in half
- Slice the jalapeno
- Chop ½ cup fresh basil
- Cut sweet potato into 1-inch cubes
- Tear spinach into bite-sized pieces



Feed Family for Less Meal Plan (v20.3)

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.