



Feed Family for Less Meal Plan (v20.5)

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Meal Plan v20.5

Shopping List by Section



Baking

- Toasted sesame seeds 6

Frozen

- 1 cup Frozen mixed vegetables 3

Herbs and spices

- ¾ tsp **Mccormick** Montreal chicken seasoning 4
- 4 Tbsp Taco seasoning 1
- White pepper 3

Meats and seafood

- 2 pounds Ground beef 2
- 1 pound Boneless chicken breasts 1
- 16 oz Boneless pork chops 4
- 1 Chicken breast 3
- 2 Boneless skinless chicken breasts 6
- 24 ounce Tilapia fillets 5

Condiments

- ¼ cup Kalamata olives 4
- 2 teaspoons Garlic 2
- ⅓ cup Reduced-sodium soy sauce 6
- 3 tablespoons Reduced sodium tamari sauce 3
- 3 tablespoons Rice vinegar 6
- 3 teaspoons Sesame oil 3
- 1 batch Stir-fry sauce 6
- 1 teaspoon Toasted sesame oil 6
- Toppings 1

Pasta, rice and beans

- 3 cups Long grain rice 3

Dairy and eggs

- ¼ cup Feta cheese 4

Drinks

- 2 cups Tomato juice 2

Fruits and vegetables

- 1 bunch Broccoli 6
- ¼ cup Celery 2
- 6 oz Zucchini 4
- 2 bulb Cloves garlic
- 1 cup Grape tomatoes 4
- 2.5 Lemon juice
- 2 ea Onion
- 2 tablespoons Fresh parsley leaves 5
- Green onions 6
- 1 Yellow squash 4

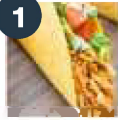
Uncategorised


- 8 Hard tacos 1


Need anything else?


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Recipes in your list


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Shredded Chicken Tacos
cakewhiz.com
- 

Slow Cooker Crock Pot Hamburger Recipe
thespruceeats.com
- 

Easy Chicken Fried Rice
iowagirleats.com
- 

Mediterranean Boneless Pork Chops with Julienned Vegetables
skinnytaste.com
- 

Baked Lemon Butter Tilapia
damndelicious.net
- 

12-Minute Chicken and Broccoli
gimmesomeoven.com

Meal Plan v20.5

Shopping List by Recipe



My items

- 2 bulb Cloves garlic
- 2 ea Onion

Easy Chicken Fried Rice

- 1 Chicken breast
- 1 cup Frozen mixed vegetables
- 3 cups Long grain rice
- 3 tablespoons Reduced sodium tamari sauce
- 3 teaspoons Sesame oil
- White pepper

Need anything else?

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Slow Cooker Crock Pot Hamburger Recipe

- 2 pounds Ground beef
- ¼ cup Celery
- 2 teaspoons Garlic
- 2 cups Tomato juice

Shredded Chicken Tacos

- 8 Hard tacos
- 1 pound Boneless chicken breasts
- 4 Tbsp Taco seasoning
- Toppings

12-Minute Chicken and Broccoli

- 1 bunch Broccoli
- ⅓ cup Reduced-sodium soy sauce
- 3 tablespoons Rice vinegar
- 2 Boneless skinless chicken breasts
- Green onions
- 1 batch Stir-fry sauce
- 1 teaspoon Toasted sesame oil
- Toasted sesame seeds

Baked Lemon Butter Tilapia

- 2 tablespoons Lemon juice
- 1 Lemon
- 2 tablespoons Fresh parsley leaves
- 24 ounce Tilapia fillets

Mediterranean Boneless Pork Chops with Julienned Vegetables

- 16 oz Boneless pork chops
- 6 oz Zucchini
- ¼ cup Feta cheese
- 1 cup Grape tomatoes
- ¼ cup Kalamata olives
- 1 tsp Lemon rind
- 0.5 Lemon
- ¾ tsp **Mccormick** Montreal chicken seasoning
- 1 Yellow squash



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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.

- Salt & Pepper
- Butter
- Cooking Spray
- Cornstarch
- Italian Dressing
- Egg
- Extra Virgin Olive Oil
- Ground Ginger
- Honey
- Ketchup
- Kosher Salt
- Oregano

MEAL PREP IDEAS

- Cut 3 chicken breasts into bite-sized pieces
- Chop green onions
- Cut grape tomatoes in half
- Chop onions and celery



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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

PANTRY INVENTORY



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RUNNING LOW

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RECIPE

TITLE:

CREATED BY:

INGREDIENTS

SERVING SIZE:

COOK TIME:

PREP TIME:

OVEN TEMP:

TOOLS NEEDED:

YUM RATING:



DIRECTIONS

Weekly Meal Plan

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SIMPLE AND QUICK GROCERY BUDGET PLANNER

SPENT	BUDGETED	OVER/(UNDER)	WEEK #

TOTAL EXPENSES	TOTAL BUDGETED	WHAT IS LEFT OVER



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.