



BUDGET MEAL PLAN 5

Day 1: Baked Greek Chicken // Greek Couscous // Steamed Carrots

Day 2: Greek Chicken Pitas // Homemade Pita Bread // Hummus + Veggie Sticks

Day 3: Spinach Salad // Man Bread 2x

Day 4: Skillet Veggie Pizza Pasta

Day 5: Quick Minestrone Soup // Man Bread

Day 6: Homemade Pizza // Side Salad // Greek Dressing

Day 7: Hemp and Herb Crusted Pork Chops // Sweet Potato Fries // Sautéed Green Beans

Cold Case

☐ butter	4 tbsp	☐ Italian cheese blend	6 oz
☐ crumbled feta	6 oz	☐ milk	0.50 cup
☐ full fat plain Greek yogurt	2 tsp	☐ mozzarella (optional)	2 cups
☐ goat cheese	5 oz	☐ Parmesan (optional)	4 tbsp

Meat

☐ boneless pork chop	4	☐ pepperoni	8 oz
☐ chicken	2 lb	☐ pepperoni or cooked sausage (optional)	16 oz

Pantry

☐ active dry yeast	8.50 tsp	☐ honey	2 tbsp
☐ all-purpose flour	11.25 cups	☐ kalamata olives	1.17 cups
☐ almond meal or flour	0.75 cup	☐ lemon juice	1 tbsp
☐ apple cider vinegar*	0.33 cup	☐ maple syrup	2 tsp
☐ can cannellini beans*	1 (15 oz)	☐ oil or butter	2 tbsp
☐ can chickpeas*	1 (15 oz)	☐ olive oil	1.58 cups + 8 Tbsp

☐ can diced tomatoes	2 (15 oz)	☐ pizza sauce* (optional)	16 oz
☐ chicken stock or broth*	4 cups	☐ red wine vinegar	1.50 cups + 4 tsp
☐ coconut oil	4 tbsp + 0.5 cups	☐ small pasta (elbow macaroni, etc)	24 oz
☐ couscous	1 cup	☐ spicy brown mustard	4.75 tsp
☐ dried cranberries	0.67 cup	☐ sugar or honey	1.50 tbsp
☐ flour	3 cups	☐ sun-dried tomatoes	1 cup
☐ granulated sugar or honey	2 tsp	☐ vital wheat gluten (optional)	8 tbsp
☐ hemp hearts	0.50 cup	☐ walnuts	0.75 cup

Produce

☐ apple	2	☐ green leaf lettuce	0.50 head
☐ baby carrots	1 lb	☐ iceberg lettuce	0.50 head
☐ bell pepper (any)	4	☐ kale	2 cups
☐ carrot	4	☐ onion	1
☐ celery	4 ribs	☐ parsley	2 tbsp
☐ cherry tomatoes	1 pt	☐ red onion	0.5
☐ cucumber	3	☐ spinach	10 oz
☐ eggplant	1	☐ sweet potato	4
☐ garlic	10 cloves	☐ yellow squash	1
☐ green beans	1 lb	☐ zucchini	1

Spices

☐ bay leaf	1	☐ onion powder	2.75 tsp
☐ cayenne (!)	0.25 tsp	☐ oregano	1 tsp
☐ cumin	1 tsp	☐ paprika	0.50 tsp
☐ dried basil	3 tsp	☐ pepper	5.75 tsp
☐ dried oregano	2 tsp	☐ sage	1 tbsp
☐ garlic powder	4.25 tsp	☐ salt	12.50 tsp
☐ Italian seasoning*	1 tbsp + 1 tsp		

*Note: Items marked with * can be made from scratch if you have the time. Go to the recipe in 30 Minute Dinners to find the from scratch version.*