



BUDGET MEAL PLAN 6

Day 1: Cheesy Lentil Pasta

Day 2: 15 Minute Tomato Soup // Homemade Bread

Day 3: Sheet Pan Sweet & Sour Pork // Instant Pot White Rice

Day 4: Basic Grilled Cheese // Carrot + Celery Sticks // Ranch Dressing

Day 5: 15 Minute Spaghetti // Kale Caesar Salad // Homemade Croutons

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

Day 7: Beef and Bean Loaded Burrito Bowls

Cold Case

- | | | | |
|--|------------------|---|----------|
| ☐ butter or olive oil | 2 tbsp | ☐ mozzarella | 2 cups |
| ☐ cheddar cheese (optional) | 4 tbsp | ☐ orange juice | 0.75 cup |
| ☐ cheddar cheese, sliced | 8 oz | ☐ Parmesan (optional) | 0.25 cup |
| ☐ cheddar or Monterey Jack cheese | 1 cup | ☐ shredded cheese (optional) | 1 cup |
| ☐ full fat plain Greek yogurt | 0.75 cup + 2 tsp | ☐ sour cream (optional) | 1 cup |
| ☐ milk | 1 tsp | | |

Frozen

- | | |
|---|--------|
| ☐ frozen mixed vegetables (peas, carrots, corn, etc) | 2 cups |
|---|--------|

Meat

- | | | | |
|---|------|---|-------|
| ☐ boneless pork chop | 4 | ☐ pepperoni or cooked sausage (optional) | 16 oz |
| ☐ ground beef | 1 lb | | |

Pantry

☐ active dry yeast	2.25 tsp	☐ lemon juice	4 tbsp
☐ all-purpose flour	10.75 cups	☐ lime juice	1 tbsp
☐ anchovy filets	2 oz	☐ mayo*	4 tbsp + 1 cup
☐ apple cider vinegar	0.33 cup	☐ olive oil	9 tbsp
☐ black olives (optional)	1 cup	☐ pineapple chunks	20 oz
☐ brown sugar	0.25 cup	☐ pizza sauce*	16 oz
☐ can black beans*	2 (15 oz)	☐ red wine vinegar	1 tbsp
☐ can diced tomatoes	1 (15 oz) + 1 (28 oz)	☐ rice wine vinegar	1 tbsp
☐ can white beans*	1 cup	☐ salsa* (optional)	1 cup
☐ chicken stock or broth*	1 qt	☐ salsa verda (optional)	1 cup
☐ chipotle pepper sauce	1 tbsp	☐ small pasta (macaroni, shells, elbows, etc.)	2 cups
☐ coconut cream	1 tbsp	☐ soy sauce or aminos	1 tbsp
☐ coconut oil	2 tbsp	☐ spaghetti pasta	8 oz
☐ corn starch	1 tbsp	☐ spicy brown mustard	1 tsp
☐ dry green lentils	0.75 cup	☐ sugar	2 tbsp
☐ granulated sugar or honey	2 tsp	☐ tortilla chips* (optional)	1 bag
☐ jasmine rice	3 cups	☐ vegetable broth*	1.50 cups
☐ ketchup	0.25 cup	☐ Worcestershire sauce	1 tsp

Produce

☐ avocado (optional)	1 cup	☐ cucumber (optional)	2
☐ bell pepper (optional)	3	☐ garlic	6 cloves
☐ bell pepper, green	2	☐ green leaf lettuce	0.50 head
☐ bell pepper, red	1	☐ green onion	3
☐ carrot	4	☐ iceberg lettuce	0.50 head
☐ celery	4	☐ kale	1 lb
☐ cherry tomatoes	1 pt	☐ lettuce (optional)	1 cup
☐ cherry tomatoes (optional)	1 cup	☐ onion	2.5
☐ cilantro (optional)	1 cup	☐ onion (optional)	1 cup
☐ corn (optional)	1 cup	☐ tomato	2 lb
☐ cucumber	1		

Spices

☐ chili powder	1 tbsp	☐ ginger	0.50 tsp
☐ chili powder (optional)	0.50 tsp	☐ Italian seasoning*	1 tbsp
☐ crushed red pepper	0.25 tsp	☐ onion powder	1 tsp
☐ cumin	3.50 tsp	☐ oregano	0.50 tsp
☐ dill	1 tsp	☐ pepper	2.75 tsp
☐ dried basil	2 tsp	☐ sage	1 tsp
☐ dried parsley	2 tbsp	☐ salt	11.50 tsp
☐ dry minced onion	5 tbsp	☐ taco seasoning*	2 tbsp
☐ garlic powder	2.25 tsp + 1 Tbsp	☐ thyme	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.*