



BUDGET MEAL PLAN 7

Day 1: Day 1: Slow Cooker BBQ Beef // Steamed Carrots // Homemade Hawaiian Rolls

Day 2: Lemon Sheet Pan Chicken with Potatoes and Broccoli

Day 3: Panzanella Salad // Homemade Ranch Dressing

Day 4: Chicken Tacos // Homemade Tortillas // Instant Pot Cilantro Rice

Day 5: Vegetable Soup

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

Day 7: BBQ Rice Bowls

Cold Case

☐ butter	4 tbsp	☐ full fat plain Greek yogurt	2 tsp
☐ cottage cheese	0.75 cup	☐ Gorgonzola cheese	4 oz
☐ egg	1	☐ milk	2 tsp
☐ fresh mozzarella cheese	4 oz	☐ shredded cheddar cheese	1 cup

Meat

☐ beef roast	2 lb	☐ whole chicken	1 (5 lb)
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Pantry

☐ active dry yeast	0.50 tsp	☐ coconut oil	5 tbsp
☐ all-purpose flour	8.75 cups	☐ granulated sugar or honey	2 tsp
☐ baking soda	0.25 tsp	☐ honey	2 tbsp
☐ BBQ sauce*	2 cups	☐ lemon juice	2 tbsp
☐ beef broth or stock	1 cup	☐ lime juice	2 tbsp
☐ black olives	1.50 cup	☐ mayo*	2 cups
☐ buffalo sauce	0.50 cup	☐ olive oil	4.50 tbsp
☐ can corn	1 (15.25 oz)	☐ pineapple juice	0.25 cup

☐ can crushed tomatoes with basil	1 (28 oz)	☐ red wine vinegar	2 tbsp
☐ can green beans	1 (14.5 oz)	☐ salsa*	1 cup
☐ can peas	1 (15 oz)	☐ vegetable broth*	8 cups
☐ can sliced carrots	2 (14.5 oz)	☐ vital wheat gluten (optional)	2 tbsp
☐ can tomato paste	1 (6 oz)	☐ white rice	4 cups
☐ coconut cream	2 tbsp	☐ Worcestershire sauce	2 tbsp

Produce

☐ avocado	1	☐ iceberg lettuce	0.50 head
☐ baby carrots	1 lb	☐ lemon	2
☐ bell pepper (any)	1	☐ minced garlic	1 tbsp
☐ broccoli florets	1 lb	☐ onion	1.5
☐ cherry tomatoes	1 pt	☐ red cabbage	1 head
☐ cilantro	4 tbsp	☐ red onion	0.5
☐ cucumber	1	☐ red potatoes	2 lb
☐ garlic	2 cloves	☐ tomato	2
☐ green leaf lettuce	2 heads		

Spices

☐ bay leaf	1	☐ garlic powder	2 tbsp
☐ dill	2 tsp	☐ Italian seasoning*	0.50 tsp + 2 tbsp
☐ dried basil	2 tsp	☐ pepper	2.75 tsp
☐ dried parsley	4 tbsp	☐ salt	17.50 tsp
☐ dry minced onion	10 tbsp	☐ taco seasoning*	1 tbsp
☐ fresh thyme or rosemary	6 sprigs	☐ thyme	2 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.*