

Budget-Friendly Weekly Meal Plan for a Family of 4

Meal Plan

Monday

Breakfast: Scrambled eggs with toast and orange slices

Lunch: Turkey and cheese sandwiches with carrot sticks

Dinner: Spaghetti with marinara sauce, salad, and garlic bread

Tuesday

Breakfast: Oatmeal with bananas and honey

Lunch: Leftover spaghetti and salad

Dinner: Chicken stir-fry with rice and mixed vegetables

Wednesday

Breakfast: Pancakes with syrup and berries

Lunch: Grilled cheese sandwiches with tomato soup

Dinner: Lentil soup with bread rolls

Thursday

Breakfast: Yogurt with granola and bananas

Lunch: Turkey wraps with lettuce, cheese, and apples

Dinner: Baked potatoes with cheese, broccoli, and sour cream

Friday

Breakfast: Toast with peanut butter and an apple

Lunch: Pasta salad with vegetables and a hard-boiled egg

Dinner: Homemade pizza with simple toppings

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Saturday

Breakfast: Smoothies with frozen fruit, yogurt, and milk

Lunch: Bean and cheese quesadillas with salsa

Dinner: Roast chicken with roasted potatoes and carrots

Sunday

Breakfast: French toast with cinnamon and syrup

Lunch: Leftovers or tuna salad sandwich

Dinner: Chili with beans, canned tomatoes, and cornbread

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Grocery List

Produce

- Bananas (7)
- Oranges (4)
- Apples (6)
- Carrot sticks (1 bag or fresh carrots)
- Broccoli (1-2 heads)
- Lettuce (1 head or bag of mixed greens)
- Seasonal vegetables (e.g., bell peppers, onions, zucchini)
- Potatoes (5 lbs)
- Frozen mixed vegetables (2 bags)

Pantry

- Oats (1 container)
- Pancake mix
- Granola
- Rice (2 lbs)
- Pasta (2 lbs)
- Marinara sauce (2 jars)
- Canned tomato soup (2 cans)
- Lentils (1 lb)
- Beans (4 cans)
- Canned tomatoes (3 cans)
- Cornbread mix

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- Salsa (1 jar)

Dairy

- Eggs (2 dozen)
- Milk (1-2 gallons)
- Butter (1 lb)
- Yogurt
- Shredded cheese (2 lbs)
- Sliced cheese (1 pack)
- Sour cream (16 oz)

Protein

- Ground turkey or beef (2 lbs)
- Chicken thighs or whole chicken (5-6 lbs)
- Tuna (2 cans)
- Peanut butter (1 jar)

Other

- Bread (2 loaves)
- Tortillas (1 pack)
- Pizza dough mix
- Honey
- Syrup
- Oil