

# Ultra-Budget Weekly Meal Plan for a Family of 4 (\$150)

## Meal Plan

### Monday

Breakfast: Oatmeal with cinnamon and brown sugar

Lunch: Peanut butter and jelly sandwiches with carrot sticks

Dinner: Spaghetti with marinara sauce and green beans

### Tuesday

Breakfast: Scrambled eggs and toast

Lunch: Grilled cheese sandwiches with sliced cucumbers

Dinner: Rice and beans with sautéed onions and peppers

### Wednesday

Breakfast: Pancakes with syrup

Lunch: Leftover rice and beans with fruit

Dinner: Slow-cooker lentil soup with bread

### Thursday

Breakfast: Toast with butter and jam

Lunch: Tuna salad sandwiches with carrot sticks

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

### Friday

Breakfast: Yogurt with granola

Lunch: Egg salad sandwiches with apple slices

Dinner: Homemade pizza with simple toppings

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## **Saturday**

Breakfast: Smoothies with frozen fruit, yogurt, and milk

Lunch: Quesadillas with cheese and leftover beans

Dinner: Roast chicken with roasted potatoes and carrots

## **Sunday**

Breakfast: French toast with cinnamon and syrup

Lunch: Leftovers or tomato soup with crackers

Dinner: Chili with beans, canned tomatoes, and cornbread

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## Grocery List

### Produce

- Bananas (7)
- Apples (4)
- Carrots (1 bag or fresh carrots)
- Potatoes (5 lbs)
- Onions (3)
- Broccoli (1-2 heads)
- Bell peppers
- Cucumbers
- Frozen mixed vegetables (2 bags)

### Pantry

- Oats (1 container)
- Pancake mix or ingredients for homemade
- Rice (2 lbs)
- Dried or canned beans (4 cans or 2 lbs dried)
- Lentils (1 lb)
- Pasta (2 lbs)
- Marinara sauce (2 jars)
- Canned tomatoes (3 cans)
- Peanut butter (1 jar)
- Jelly (1 jar)
- Bread (2 loaves)

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- Flour
- Cornbread mix
- Syrup
- Oil
- Spices (cinnamon, salt, pepper)

### **Dairy**

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

### **Protein**

- Chicken thighs (5-6 lbs, bulk or frozen)
- Tuna (2 cans)