

# Weekly Meal Plan (\$53.18-\$39.41)

Day	Meals	Ingredients	Publix	Aldi	Walmart	Walmart
Monday	Breakfast: Egg muffin	eggs	\$4.97	\$2.39	\$2.39	
	Lunch: Quesadilla	tortillas	\$2.59	\$2.15	\$2.58	
	Dinner: Teriyaki chicken	chicken	\$6.65	\$6.09	\$5.72	
Tuesday		soy sauce	\$1.93	\$1.75	\$1.58	
	Breakfast: Egg muffin	ginger	\$1.48	\$2.19	\$3.18	
	Lunch: Salad	milk	\$3.85	\$2.19	\$1.97	
	Dinner: Salmon, Rice, Potatoes	cider vinegar	\$1.75	\$5.49	\$2.12	
Wednesday		garlic	\$1.93	\$1.89	\$0.53	
	Breakfast: Egg muffin	cornstarch	\$1.65	\$1.65	\$1.14	
	Lunch: Salmon, Potatoes	salmon	\$8.85	\$8.69	\$8.26	
	Dinner: Teriyaki chicken	rice	\$1.49	\$2.55	\$1.54	
Thursday		potatoes	\$4.49	\$3.29	\$3.47	
	Breakfast: Egg muffin	ranch	\$3.09	\$2.15	\$1.97	
	Lunch: Quesadilla	lettuce	\$2.77	\$3.19	\$1.98	
	Dinner: Salmon, Rice, Potatoes	tomatoes	\$5.69	\$2.19	\$0.98	
Friday	Breakfast: Egg muffin	<b>Total Cost</b>	<b>\$53.18</b>	<b>\$47.85</b>	<b>\$39.41</b>	
	Lunch: Salad					
	Dinner: Teriyaki chicken					
Saturday	Breakfast: Egg muffin					
	Lunch: Salad					
	Dinner: Salmon, Rice, Potatoes					
Sunday	Breakfast: Egg muffin					
	Lunch: Quesadilla					
	Dinner: Teriyaki chicken					

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# Recipes

## Teriyaki Chicken

- Combine water, soy sauce, garlic and ginger.
- Whisk to mix well.
- Marinate chicken in half of sauce 2-3 hours, turning once.
- Stir cornstarch into remaining sauce and bring to boil over medium-high heat, stirring constantly, until mixture boils and thickens slightly (I did this step right before cooking chicken).
- Cool this mixture to room temperature.
- Drain marinade off of chicken, reserving 2 tbsp of the marinade; discard remaining marinade.
- Stir fry chicken in vegetable oil until chicken is almost done.
- Stir in reserved 2 tbsp of marinade and continue stir frying until chicken is done and glazed.
- Serve over hot rice with cooled teriyaki sauce.

## Egg Muffins

- Preheat the oven to 350 degrees F (175 degrees C). Grease a 12-cup muffin tin.
- Add eggs, bacon, milk, garlic powder, onion powder, salt, and pepper. Sprinkle Cheddar cheese into the bowl and whisk ingredients together until incorporated.
- Pour mixture equally into the prepared muffin cups.
- Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, about 30 minutes. Let cool slightly before serving.

## Salmon & Potatoes

- Preheat oven to 400 degrees F. Toss potatoes, 1 tablespoon oil, 1/4 teaspoon salt and 1/8 teaspoon pepper together in a medium bowl. Spread in an even layer on a large rimmed baking sheet. Roast until starting to soften and brown, about 15 minutes.
- Sprinkle salmon with the remaining 1/8 teaspoon salt. Move the potatoes to one side of the pan. Place the salmon in the center of the pan and drizzle with the butter mixture. Roast until the salmon is just cooked through 10 to 12 minutes.



# Weekly Meal Plan (\$47.64-\$30.49)

Day	Meals	Ingredients	Publix	Aldi	Walmart	Walmart
Monday	Breakfast: Peanut butter Sandwich, Milk, Eggs	peanut butter	\$3.39	\$2.39	\$2.62	
	Lunch: Grilled Cheese	bread	\$3.85	\$1.55	\$1.47	
	Dinner: Spaghetti	milk	\$4.97	\$2.19	\$1.97	
Tuesday	Breakfast: 1 Peanut butter Toast, Eggs, Milk	eggs	\$3.65	\$2.39	\$2.39	
	Lunch: Spaghetti	cheese	\$1.43	\$3.29	\$2.22	
	Dinner: Burger on Toast with Tomatoes and Lettuce	pasta	\$0.79	\$1.45	\$1.48	
Wednesday	Breakfast: Cheese Toast, Milk	tomato sauce	\$0.79	\$0.89	\$0.88	
	Lunch: Ham and Cheese Sandwich	ground beef	\$6.64	\$4.95	\$4.08	
	Dinner: Shepherd's Pie	ham	\$7.59	\$3.85	\$4.50	
Thursday	Breakfast: Cheese omelet with Ham and Tomatoes, Milk	tomatoes	\$5.69	\$2.19	\$0.98	
	Lunch: Peanut butter sandwich, Eggs, Milk	mashed potatoes	\$1.33	\$1.25	\$1.28	
	Dinner: Rice, Chicken, Salad	rice	\$1.49	\$2.55	\$1.54	
		chicken	\$6.65	\$6.09	\$5.72	
		lettuce	\$2.77	\$3.19	\$1.98	
		<b>Total Cost</b>	<b>\$47.64</b>	<b>\$34.28</b>	<b>\$30.49</b>	
Friday	Breakfast: 2 Peanut butter Toasts, Eggs, Milk					
	Lunch: Shepherd's Pie					
	Dinner: Rice, Chicken, Salad					
Saturday	Breakfast: 2 Peanut butter Toasts, Milk					
	Lunch: Rice, Beans					
	Dinner: Spaghetti					
Sunday	Breakfast: Grilled cheese, Milk					
	Lunch: Spaghetti					
	Dinner: Fried Rice					

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# Recipes

## Spaghetti Bolognese

- Heat a saucepan over a medium heat with a tablespoon of oil and add the garlic. Cook without coloring for a few minutes, then add the beef mince and season with salt and pepper
- Cook the beef until browned all over then stir in the tomato purée followed by the tinned tomatoes. Bring to a boil then let simmer for around 30 minutes – add a splash of water if it is looking a bit dry
- Meanwhile, bring a large pan of seasoned water to the boil and add the pasta. Stir to stop the pasta from sticking and cook for 7–10 minutes
- To check the pasta is cooked, taste a strand – if the center is still hard, give it a couple more minutes. When it is fully cooked, drain in a colander and drizzle with a little olive oil to prevent the spaghetti from sticking together.

## Fried Rice

- Heat a large cast iron skillet over high heat until very hot, about 2 minutes. Add 1 tablespoon oil.
- Beat egg with 2 teaspoons water and a large pinch salt and add to skillet. Cook, stirring to form large soft curds, about 30 seconds. Transfer to a plate.
- Return skillet to high heat and add 2 tablespoons oil, the carrots, and whites of the green onions. Cook until lightly golden, about 2 minutes. Add garlic and ginger and cook, stirring, until fragrant, 1 minute.
- Add rice, peas, and cooked eggs to skillet. Pour in soy sauce and cook, stirring until heated through, 1 minute. Season with salt and pepper and stir in the remaining green onions.

## Shepherd's Pie

- Add potatoes to a hot pan and set over the same burner. Add milk and 2 tablespoons butter; allow butter to melt from the residual heat. Stir in Cheddar cheese, egg yolk,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper. Set aside while you prepare the filling.
- Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x13-inch casserole dish.
- Heat olive oil and remaining 1 tablespoon butter in a large skillet over medium-high heat. Add onion and carrot and cook, stirring constantly.
- Add beef and cook, crumbling with a spoon and stirring often until browned, about 5 minutes. Sprinkle meat mixture with remaining salt and pepper. Cook, stirring constantly, for 2 minutes.
- Add beef stock and cook, scraping any flavorful bits from the bottom of the skillet. Bring mixture to a simmer. Cook until thickened, about 8 minutes. Stir in peas. Transfer mixture to the prepared casserole dish and top with the prepared mashed potatoes.
- Bake in the preheated oven until golden and bubbly around the edges, 25 to 30 minutes. Sprinkle with parsley and serve.



# Weekly Meal Plan (\$59.92-\$27.33)

Day	Meals	Ingredients	Publix	Aldi	Walmart Walmart
Monday	Breakfast: 1/5 Yogurt, Apple	can of biscuits	\$1.97	\$0.49	\$1.48
	Lunch: Grilled chicken, Rice	eggs	\$4.19	\$1.23	\$2.39
	Dinner: Chicken, Vegetables	pasta	\$1.43	\$1.49	\$0.92
		tomato sauce	\$0.76	\$0.99	\$1.48
Tuesday	Breakfast: 1/5 Yogurt, Orange	oranges	\$7.93	\$2.49	\$3.93
	Lunch: Grilled chicken salad, Apple	rice	\$3.03	\$1.49	\$2.44
	Dinner: Tacos	chicken	\$6.65	\$5.99	\$5.72
		apples	\$4.41	\$1.69	\$4.68
Wednesday	Breakfast: 1/5 Yogurt, Apple	taco seasoning	\$1.09	\$0.35	\$0.42
	Lunch: Grilled chicken salad, Orange	ground beef	\$6.87	\$3.19	\$4.08
	Dinner: Spaghetti	tortillas	\$2.59	\$0.99	\$1.98
		cheese	\$3.65	\$1.89	\$2.22
Thursday	Breakfast: 1/5 Yogurt, Orange	yogurt	\$3.65	\$1.49	\$2.36
	Lunch: Grilled chicken salad, Apple	vegetables	\$2.53	\$0.49	\$0.84
	Dinner: Crockpot salsa chicken, Tortilla	salad mix	\$2.83	\$0.89	\$1.78
		salad dressing	\$2.59	\$0.89	\$1.97
Friday	Breakfast: 1/5 Yogurt, Apple	chunky salsa	\$3.75	\$1.29	\$2.24
	Lunch: Grilled chicken salad, Orange				
	Dinner: Spaghetti	<b>Total Cost</b>	<b>\$59.92</b>	<b>\$27.33</b>	<b>\$40.93</b>
Saturday	Breakfast: Breakfast burrito, Orange				
	Lunch: Grilled chicken, Rice				
	Dinner: Crockpot salsa chicken, Tortilla				
Sunday	Breakfast: Biscuits, Eggs, Orange				
	Lunch: Quesadilla, Apple				
	Dinner: Tacos				

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# Recipes

## Crockpot Salsa Chicken

- Arrange chicken breast in slow cooker. Sprinkle all over with taco seasoning mix. Pour 1 cup of the salsa over seasoned chicken. Cover and cook on high for 3 hours (or low for 6-8 hours).
- Use two forks to shred the chicken. Add remaining cup of salsa and toss to coat.

## Tacos

- Cook the ground beef, cook it up until it's completely browned. Drain the grease. Then when we return to the heat to the stove lower the heat, add the homemade taco seasoning and a small amount of tomato sauce.
- Step 2: Allow the taco meat to simmer briefly in the sauce to give more flavor.
- Step 3: Fry the corn tortillas in a small amount of oil in a medium size skillet. Once fried on both sides, remove the tortillas and fold in half to form their shape.
- Step 4: Fill the taco shells with the cooked beef and any toppings desired.

## Spaghetti Bolognese

- Heat a saucepan over a medium heat with a tablespoon of oil and add the garlic. Cook without coloring for a few minutes, then add the beef mince and season with salt and pepper
- Cook the beef until browned all over then stir in the tomato purée followed by the tinned tomatoes. Bring to a boil then let simmer for around 30 minutes – add a splash of water if it is looking a bit dry
- Meanwhile, bring a large pan of seasoned water to the boil and add the pasta. Stir to stop the pasta from sticking and cook for 7–10 minutes
- To check the pasta is cooked, taste a strand – if the center is still hard, give it a couple more minutes. When it is fully cooked, drain in a colander and drizzle with a little olive oil to prevent the spaghetti from sticking together.



# Weekly Meal Plan (\$39.75-\$23.86)

Day	Meals	Ingredients	Publix	Aldi	Walmart
Monday	Breakfast: Milk, Egg omelet	milk	\$3.85	\$2.19	\$1.97
	Lunch: Grilled cheese	eggs	\$4.97	\$2.39	\$2.39
	Dinner: Spaghetti	pasta	\$1.43	\$1.45	\$0.92
		tomato sauce	\$0.79	\$0.89	\$1.48
Tuesday	Breakfast: Milk, Eggs, Toast	mac and cheese	\$1.09	\$0.49	\$0.43
	Lunch: Mac and Cheese	rice	\$1.49	\$2.55	\$1.54
	Dinner: Rice, Chicken, Salad	chicken	\$6.65	\$6.09	\$5.72
		tomatoes	\$5.69	\$2.19	\$0.98
Wednesday	Breakfast: Milk, Egg burrito	lettuce	\$2.77	\$3.19	\$1.98
	Lunch: Spaghetti	beans	\$0.99	\$0.79	\$0.78
	Dinner: Burrito bowl	tortillas	\$2.59	\$2.15	\$1.98
		cheese	\$3.65	\$1.45	\$2.22
Thursday	Breakfast: Milk, Eggs and Chese omelet	bread	\$3.79	\$1.09	\$1.47
	Lunch: Grilled cheese				
	Dinner: Rice, Beans, Chicken	<b>Total Cost</b>	<b>\$39.75</b>	<b>\$26.91</b>	<b>\$23.86</b>
Friday	Breakfast: Milk, Egg omelet				
	Lunch: Burrito bowl				
	Dinner: Spaghetti				
Saturday	Breakfast: Milk, Eggs, Toast				
	Lunch: Grilled cheese				
	Dinner: Rice, Chicken, Salad				
Sunday	Breakfast: Milk, Scrambled eggs				
	Lunch: Mac and Cheese				
	Dinner: Burrito bowl				

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# Recipes

## Chicken and Rice



- Season the chicken with salt, garlic powder and pepper.
- Heat 2 tablespoons of oil and 1 tablespoon butter in a large skillet over medium-high heat. Swirl pan to coat evenly.
- Fry 2-3 chicken breasts until golden on each side, cooked through and no longer pink (about 4-5 minutes each side, depending on the thickness of your chicken). Transfer to a warm plate. Set aside.
- Wipe pan over with a sheet of paper towel. Repeat with remaining oil, butter and chicken breasts. When cooked, transfer the chicken onto the same plate.
- Reduce heat to medium. Sauté the onion in the remaining oil/juices in the pan until softened.
- Smash 6 whole cloves of garlic with the blunt edge of the back of a knife
- Add the remaining oil to the pan and heat through, mixing it through the onions. Sauté smashed garlic cloves and whole garlic cloves until fragrant, about 2-3 minutes. Add the broth to deglaze the pan. Scrape up any browned bits and let simmer and reduce to half, about 5 minutes.
- Mix in the cheese. Continue cooking gently for about 2-3 minutes until cheese melts, while stirring occasionally. Season with salt and pepper to your taste.
- Add the chicken back into the pan and let simmer for a further 2-3 minutes to thicken the sauce to your liking. The chicken breast will soak up all of the delicious flavors.

### Burrito Bowl

- Heat the oven to 200°C/180°C fan. Heat the 1 tbsp oil in a large non-stick frying pan, add the red onions and beef mince, then fry over a medium heat for 6-8 minutes until the onions have started to soften and the beef has browned.
- Mix the chipotle paste with the boiling water, then add to the pan.
- Season with salt and black pepper, then simmer for 6-8 minutes until the liquid has cooked off.
- Meanwhile, brush the tortillas with a little oil, then put each one
- in an ovenproof bowl (pudding basins are ideal). Bake for 5-6 minutes until golden and firm – work in batches if you only have 1 or 2 bowls. Remove from the oven and leave to cool while you repeat with the remaining tortillas.
- To serve, half-fill the tortilla cases with shredded lettuce, then top with the hot chipotle beef, tomatoes and cucumber. Add a dollop of yogurt and a lime wedge to each, then sprinkle with paprika (if using) and serve straightaway.

### Spaghetti Bolognese

- Heat a saucepan over a medium heat with a tablespoon of oil and add the garlic. Cook without coloring for a few minutes, then add the beef mince and season with salt and pepper
- Cook the beef until browned all over then stir in the tomato purée followed by the tinned tomatoes. Bring to a boil then let simmer for around 30 minutes – add a splash of water if it is looking a bit dry
- Meanwhile, bring a large pan of seasoned water to the boil and add the pasta. Stir to stop the pasta from sticking and cook for 7–10 minutes
- To check the pasta is cooked, taste a strand – if the center is still hard, give it a couple more minutes. When it is fully cooked, drain in a colander and drizzle with a little olive oil to prevent the spaghetti from sticking together.