



Budget Friendly
Real Food Meals for
the busy mom

WETHER ITS A REFRESH AND
RESTART OR ITS A NEW
BEGINNING THIS IS THE PERFECT
TIME TO IMPLEMENT REAL FOOD
FOR YOUR FAMILY IN A WAY
THAT WONT BREAK THE BUDGET

A FEW NOTES ABOUT THIS MENU

- These recipes are ones we use for our family of 8. You can adjust them as needed.
- I almost always serve a good portion of vegetables with our meals. I have noted this on most the meals.
- Frozen veggies are my choice 99% of the time (unless quality fresh are readily available at a better price). Frozen veggies are almost always a better quality for the price. We typically buy large bags of our favorite organic varieties at costco.
- Breakfasts and Lunches are not included on this menu but I wanted to include a few of our favorite go to's for those meals so will list those on this page.
- Shopping tips: For most of the items on the shopping list we shop at costco. Buying in larger quantities helps keep the cost down. If you need smaller quantities I would still recommend shopping at costco and then breaking things up into smaller quantities at home.
- Breakfasts: Soaked oatmeal, Sourdough pancakes, Fruit Smoothies, Fried Eggs with a potato hash, Hard Boiled eggs and a slice of sourdough
- Lunches: Sourdough crackers (homemade) with cheese & veggies, Fruit Smoothies, Leftovers (when we have them), Soups (these are easy to make once and use for multiple lunches, Salads (great way to use up leftover meats)

I hope that you enjoy these and that they are a blessing to your family!!

Kira

YOUR MEALS FOR THE WEEK

SUNDAY

Oven Baked whole chicken, potato, vegetables

MONDAY

Chicken Taco Soup with tortilla chips

TUESDAY

Burrito bowl - ground beef, beans, lettuce, tomatoes, peppers, salsa, sourcream

WEDNESDAY

Spaghetti with Spaghetti squash & Frozen veggie

THURSDAY

Honey Mustard Drum Sticks, Frozen vegetable, cauliflower rice (or soaked & cooked white rice)

FRIDAY

Chili over Baked Potatoes

SATURDAY

Easy Tomato Soup (optional add ins) with Salad or Leftovers

GROCERY LIST

PRODUCE

- Potatoes - 2 / person
- Carrots 7 whole
- Cellyery 7 stalks
- 5 Onion
- Garlic Cloves 3-4
- Spaghetti squash (1 per 2 people)
- Frozen Vegetables (3 servings per person)
- 1 tomato per 2 people
- Lettuce (2 servings per person)
- 1 pepper / 3 people
- Salsa
- Cauliflower Rice 2 serving / person

MEAT, FISH, DAIRY

- Whole Chicken
- 1-3 chicken drumsticks per person
- 3lbs hamburger
- 2 lbs Butter
- Sour Cream
- Cheese
- Cream (optional)

GRAINS, BEANS, NUTS, LEGUMES

- 5lbs dry pinto beans
- frozen corn 1 cup
- Sourdough bread (optional)

MISCELLANEOUS

- Salt
- Pepper
- 1 8oz can tomato sauce
- 9 14oz cans Diced Tomatoes
- 1 4oz can green chilies
- Chili Powder
- Cumin
- Honey 1/2 cup
- mustard 1/2 cup
- Tomato Paste 1 small can
- Balsamic Vinegar (optional)
- Salad Dressing or Balsamic Vinegar and Oil for dressing

OPTIONAL SNACKS

HOW TO MEAL PREP FOR THIS WEEK

- Soak the 5lbs of beans in a large pot with water and a splash of apple cider vinegar overnight. Then Rinse and re fill pot with beans and water. Cook beans and store them for later in the week.
- Optional - pre-cook the hamburger and store in 1lb bags for later in the week.

Baked Whole Chicken with potato & vegetable

- 1 whole chicken
- 3-4 Carrots
- 3-4 stalks Cellery
- 1 onion
- 3-4 garlic cloves
- Salt & Pepper
- 1 potato per person

Instructions:

1. Cut onions into slices and line the bottom of your cooking container (slow cooker or dutch oven)
2. Rinse chicken, pat dry and stuff it with garlic cloves. Season outside with salt and pepper.
3. Place chicken on top of onions
4. Add carrots, cellery & potatoes
5. Bake - in slow cooker on low for 6-8 hours or in dutch oven in oven at 350 for 1hr 15min or until chicken reaches 180 degrees internally
6. Serve chicken with potatoes & veggies (additional frozen veggies can be cooked if you want to stretch the meal more or desire a larger serving of vegetables)
7. Be sure to save any excess meat and the chicken carcass for Soup tomorrow.

Chicken Taco Soup

- Chicken Carcass
- 3 cups cooked beans
- 1 cup organic frozen corn (leave out if avoiding corn)
- 1 onion
- 8oz tomato sauce
- 2 14 oz cans diced tomatoes
- 4oz can green chilies
- 2 tablespoons chili powder
- 2 teaspoons cumin
- 3/4 teaspoons salt
- 1/2 teaspoons pepper
- all leftover chicken meat

Instructions:

1. Use chicken carcass to make a broth (see broth recipe)
2. Add 3 cups chicken broth to pot
3. Add all remaining ingredients and simmer till onions are cooked
4. Serve with sour cream & tortilla chips

Chicken Broth

- Chicken Carcass
- 2-3 carrots
- 2-3 celery stocks
- leek or onion
- water - we use filtered water

Instructions:

1. put carcass, chunked carrots, celery and onions in instant pot, slow cooker or dutch oven
2. cover with water
3. Instant Pot: cook on high pressure for 190 minutes. Slow Cooker: cook on low for 24hrs. Dutch oven: cook on top of stove at a light simmer for 18-24hrs.
4. This week you will use part of this broth for Chicken Taco Soup and freeze some (we cool completely and freeze in zip lock bags) for tomato soup

Spaghetti (Spaghetti squash) & Veggies

- Spaghetti squash cut in half and seeded (1 per 2 people)
- Spaghetti sauce - we use a organic one from costco
- 1lb Hamburger
- Frozen vegetables

Instructions:

1. Pre-heat oven to 350
2. place spaghetti squash cut side down on baking dish with water in baking dish.
3. Bake for 40 minutes or until fork goes in easily
4. cool for 10 minutes & shred squash into a bowl
5. bake the hamburger and add sauce. Heat till warm.
6. Serve with Spaghetti squash & Veggies (we like to heat our veggies in a cast iron pan with butter)

Burrito Bowls

- Ground Beef - cooked (optional - leave out if you want to keep this a meat free meal)
- Cooked Beans
- lettuce
- tomatoes
- peppers
- salsa
- sour cream
- rice or cauliflower rice (optional)
- cheese (optional)

This meal at our house is served buffet style. All ingredients set out and each person layers ingredients in bowl as desired. Because of this I do not have exact measurements. You know your family best and can determine which items you will need more vs less of or what additional items you might add to this meal.

Honey Mustard Drumsticks

- Chicken Drumsticks - 1-3 per person depending on your family
- 1/2 cup honey
- 1/2 cup mustard
- rice or cauliflower rice (optional)

1. put drumsticks in a dutch oven / oven safe pot with lid or in a instant pot
2. combine honey and mustard, pour over drumsticks.
3. Bake in oven for 40-50 minutes or until chicken reaches 165 degrees internally. In instant pot cook at high pressure for 12 minutes.
4. Serve over rice or cauliflower rice with a side of vegetables of your choice

Chili with baked potatoes

- 3 15oz cans diced tomatoes
- 4 cups cooked pinto beans
- 1lb hamburger
- 1 tablespoon cumin
- 2 tablespoons chili powder
- 1 tablespoon salt
- 1 onion chopped finely
- 1 can tomato paste

1. put poked potatoes in the oven to bake
2. cook hamburger
3. add in onions and cook until translucent
4. add diced tomatoes (do not drain), beans & tomato paste.
5. add seasonings and adjust to taste
6. heat until all ingredients are hot.
7. Serve over potatoes with salad on the side if desired

Tomato Soup

- 1 stick butter
- 1 onion diced finely
- 6 15 oz cans diced tomatoes
- 4 1/2 cups chicken broth - from earlier in the week, this can be supplemented with water if you do not have enough broth stored away.
- Salt & pepper to taste
- Optional extras: a splash of cream & a splash of balsamic vinegar

1. cook onions in butter till browned in a large pot
2. while cooking onions, blend till smooth 4 of the cans of tomatoes
3. Add all tomatoes (blended and un blended) to the pan with onions
4. add chicken broth (and water if needed)
5. Season to taste with salt & pepper
6. If adding either of the extras do so once the soup is heated through.
7. Serve with salad or a slice of sourdough bread