WEEK 1

allrecipes

A MONTH OF BUDGET MEALS FOR TWO READY IN 30 MINUTES OR LESS

MENU

MONDAY	Simple Lemon Herb Chicken
TUESDAY	Pork Fried Rice
WEDNESDAY	Stuffed Tomatoes
THURSDAY	Tomato Basil Salmon
FRIDAY	Eggplant Sandwiches

GROCERY LIST

MEAT

- 2 skinless, boneless chicken breasts
- 1 (6 ounce) boneless pork loin chop
- 1 (9 ounce) package smoked sausage
- 2 (6 ounce) boneless salmon fillets

DAIRY

- 1 tablespoon butter
- 1 egg
- ⅔ cup shredded Cheddar cheese
- 2 tablespoons grated Parmesan cheese
- 4 ounces crumbled feta cheese

DRY GOODS

- ⅓ cup white rice
- ½ cup dry bread crumbs
- 2 (6 inch) French sandwich rolls
  Use leftover rolls for Turkey Avocado Paninis in Week 2.

SPICES

- 1 pinch dried oregano
- ⅛ teaspoon garlic powder
- ⅛ teaspoon ground ginger
- 1 tablespoon dried basil

CANNED GOODS

- 1 (10 ounce) can diced tomatoes with green chile peppers

FROZEN

- ¼ cup frozen peas

SAUCES, OILS, AND CONDIMENTS

- 3 tablespoons olive oil
- 1 ½ tablespoons soy sauce
- ¼ cup mayonnaise

WEEK 1

allrecipes

A MONTH OF BUDGET MEALS FOR TWO READY IN 30 MINUTES OR LESS

GROCERY LIST

PRODUCE

- 1 lemon
- 2 sprigs fresh parsley (Optional, for garnish)
- 1 carrot
- .62 ounces (¼ cup chopped) broccoli
- 1 green onion
- 4 tomatoes
- 1 small eggplant
- 2 cloves garlic
- ¼ cup chopped fresh basil leaves

WEEK 2

allrecipes

A MONTH OF BUDGET MEALS FOR TWO READY IN 30 MINUTES OR LESS

MENU

MONDAY	Chana Masala (Savory Indian Chick Peas)
TUESDAY	Broken Spaghetti Risotto
WEDNESDAY	Baja-Style Chicken Bowl
THURSDAY	Authentic Thai Basil Chicken (Very Easy and Fast)
FRIDAY	Turkey Avocado Panini

GROCERY LIST

PRODUCE

- 2 onions
- 1 tomato
- 1 (1 inch) piece fresh ginger
- 9 cloves garlic
- 1 green chile pepper (Optional)
- 1 teaspoon fresh cilantro leaves
- 1 tablespoon chopped fresh flat-leaf parsley
- 1 red bell pepper
- 2 small chile peppers (Optional)
- ½ cup fresh basil leaves
- 1 ripe avocado
- 1 ounce (about 1 cup) whole fresh spinach leaves

MEAT

- 2 skinless, boneless chicken breasts
- ¼ pound thinly sliced mesquite smoked turkey breast

DAIRY

- 2 tablespoons freshly grated Parmigiano-Reggiano cheese
  Although less robust, freshly grated Parmesan cheese makes a low cost, more readily available alternative.
- ¼ cup shredded Monterey Jack cheese
- 2 slices provolone cheese

FROZEN

- ½ cup frozen corn

SPICES

- 2 bay leaves
- 1 teaspoon chili powder
- 1 teaspoon coriander powder
- 1 teaspoon garam masala
- ½ teaspoon turmeric powder
- ½ teaspoon red pepper flakes
- 1 pinch white sugar

CANNED GOODS

- 1 (15 ounce) can chickpeas
- 1 (14.5 ounce) chicken broth
- Roasted red peppers

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A MONTH OF BUDGET MEALS FOR TWO READY IN 30 MINUTES OR LESS

GROCERY LIST

SAUCES, OILS, AND CONDIMENTS

- 6 tablespoons olive oil
- ½ cup salsa
- 2 tablespoons vegetable oil
- ¼ cup oyster sauce
- 3 tablespoons soy sauce
- ¼ cup mayonnaise

DRY GOODS

- 8 ounces uncooked spaghetti
- ⅓ cup brown rice
- 2 ciabatta rolls
  Or use leftover French sandwich rolls from Week 1.

WEEK 3

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A MONTH OF BUDGET MEALS FOR TWO READY IN 30 MINUTES OR LESS

MENU

MONDAY	Cheesy-Crust Skillet Pizza
TUESDAY	Asian Salmon Wrap
WEDNESDAY	Zucchini Caprese
THURSDAY	Easy and Spicy Thai Basil Chicken with Egg
FRIDAY	Garlic-Herb Linguine

GROCERY LIST

PRODUCE

- 5 cherry tomatoes
- 4 tablespoons fresh basil leaves
- 2 green onions
- 1 daikon radish (found at Asian or International markets, or you can substitute a white turnip)
- 1 cucumber
- 1 onion
- ~5 cloves garlic
- 1 zucchini
- 2 Roma (plum) tomatoes
- 2 Thai chile peppers
- 14 leaves Thai basil (found at Asian or International markets, or you can substitute regular basil and supplement with other herbs like mint or cilantro)

DAIRY

- 1 (8 ounce) package shredded part-skim mozzarella cheese
  Or purchase a 16 ounce package and safe leftovers for Mushroom and Black Bean Quesadillas in Week 4.in Week 3.
- 4 small fresh mozzarella balls
- 2 eggs
- ¼ cup butter

DRY GOODS

- 2 (12 inch) flour tortillas
- ~ 1 cup white rice
- 4 ounces uncooked linguine pasta

SPICES

- ⅛ teaspoon ground ginger
- 2 teaspoons sesame seeds
- 1 teaspoon white sugar
- 1 teaspoon dried parsley
- 1 teaspoon seasoned salt

SAUCES, OILS, AND CONDIMENTS

- 1 tablespoon rice wine vinegar
- 3 tablespoon soy sauce
- ¼ teaspoon wasabi paste
- 1 tablespoon olive oil
- cooking spray
- 2 tablespoons oyster sauce

WEEK 3

allrecipes

A MONTH OF BUDGET MEALS FOR TWO READY IN 30 MINUTES OR LESS

GROCERY LIST

MEAT

- 1 skinless, boneless chicken breasts

CANNED GOODS

- 1 (5 ounce) can salmon

WEEK 4

allrecipes

A MONTH OF BUDGET MEALS FOR TWO READY IN 30 MINUTES OR LESS

MENU

MONDAY	Orange Chicken with Asparagus
TUESDAY	Tuna Panini Melt
WEDNESDAY	Mushroom and Black Bean Quesadillas
THURSDAY	Creamy Pesto Penne with Sausage
FRIDAY	Quinoa Dijon and Swiss Burger

GROCERY LIST

PRODUCE

- 2 cloves garlic
- 1 orange
- 1 onion
- 1 dill pickle
- 1 cup sliced fresh mushrooms
- 2 tablespoons chopped fresh cilantro
- 1 lime (Optional)
- 1 clove garlic

MEAT

- 2 skinless, boneless chicken breasts
- 1 (16 ounce) package penne pasta

DAIRY

- 2 slices American cheese
- 2 whole-wheat tortillas
  Or use leftover flour tortillas from Week 3.
- ¾ cup shredded mozzarella cheese
  Or use leftover mozzarella cheese from Week 3.
- 1 cup milk
- 1 egg
- 2 slices Swiss cheese
  Or use leftover Provolone from Week 2.

CANNED GOODS

- 1 (5 ounce) can solid white albacore tuna in water (such as Bumble Bee®)
- 1 (15 ounce) can black beans

SAUCES, OILS, AND CONDIMENTS

- 3 tablespoons vegetable oil
- 2 teaspoons soy sauce
- 2 teaspoons honey
- 1 tablespoon mayonnaise
- 1 tablespoon balsamic vinegar
- ¼ cup and 2 tablespoons olive oil
- ¼ cup salsa, or to taste (Optional)
- 1 (1.2 ounce) package creamy pesto sauce mix (such as Knorr®)
- 2 tablespoons Dijon mustard

SPICES

- ½ teaspoon red pepper flakes

WEEK 4

allrecipes

A MONTH OF BUDGET MEALS FOR TWO READY IN 30 MINUTES OR LESS

GROCERY LIST

DRY GOODS

- ⅓ cup brown rice
- 4 slices sourdough bread
- 1 (16 ounce) package penne pasta
- ½ cup quinoa
- ½ cup chickpea (garbanzo bean) flour