WEEK 1

allrecipes

A MONTH OF CHEAP AND HEALTHY MEALS FOR FOUR

MENU

MONDAY	Homemade Black Bean Veggie Burgers
TUESDAY	Penne Pasta with Spinach and Bacon
WEDNESDAY	Garlic Chicken with Orzo Noodles
THURSDAY	Spicy Tuna Fish Cakes
FRIDAY	Portobello Mushroom Caps and Veggies

GROCERY LIST

PRODUCE

- 2 green bell peppers
  Use any leftovers for breakfast omelets.
- 1 tablespoon fresh parsley
- 16 ounces fresh spinach
- 2 onions
- 14 cloves garlic
  One head is about 10 to 12 cloves
- 1 large potato
- 4 large portobello mushroom caps
  Use any leftovers for breakfast omelets.

MEAT

- 6 slices of bacon
  Use any leftovers for breakfast omelets.
- 2 skinless, boneless chicken breasts

DAIRY

- ½ dozen eggs
  Use any leftovers for breakfast omelets.
- grated Parmesan cheese

CANNED GOODS

- 1 (16 ounce) can black beans
- 1 (14.5 ounce) can diced tomatoes
- 4 (3 ounce) cans tuna

DRY GOODS

- bread crumbs
- 1 (12 ounce) package penne pasta
- 1 (16 ounce) package orzo pasta

SPICES

- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 teaspoon Thai chili sauce or hot sauce
- ¼ teaspoon crushed red pepper
- 1 ½ teaspoons garlic powder
- 1 teaspoon Italian seasoning
- ¼ teaspoon cayenne pepper

SAUCES, OILS, AND CONDIMENTS

- 6 tablespoons olive oil
- 1 tablespoon Dijon mustard

WEEK 2

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A MONTH OF CHEAP AND HEALTHY MEALS FOR FOUR

MENU

MONDAY	Grilled Peanut Chicken
TUESDAY	Garbanzo Stir-Fry
WEDNESDAY	Chicken with Garlic, Basil, and Parsley
THURSDAY	Chicken in a Pot
FRIDAY	Zucchini Linguine

GROCERY LIST

PRODUCE

- 4 large zucchini squash
- 1 tablespoon fresh basil
- 1 tablespoon fresh oregano
- 1 tablespoon fresh cilantro
- 3 tomatoes
- 1 lime
- 9 cloves garlic (about 1 head)
- 8 ounces (2 ½ cups) sliced

MEAT

- 2 skinless, boneless chicken breasts

DAIRY

- ¼ cup shredded Cheddar cheese
  Use leftovers to serve with the California Tacos in Week 3.
- ¼ cup plain nonfat yogurt

CANNED GOODS

- 1 (15 ounce) can garbanzo beans
- 1 (14.5 ounce) cup chicken broth
- 1 (6 ounce) can tomato paste

DRY GOODS

- bread crumbs
- 1 (8 ounce) package linguine pasta
- 2 tablespoons peanut butter

SPICES

- 1 tablespoon dried parsley
- 1 tablespoon dried basil
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon dried oregano
- ⅓ teaspoon curry powder
- ⅛ teaspoon ground cayenne pepper

SAUCES, OILS, AND CONDIMENTS

- ¼ cup olive oil (about 1.15 ounces)
- 2 teaspoons soy sauce

WEEK 3

allrecipes

A MONTH OF CHEAP AND HEALTHY MEALS FOR FOUR

MENU

MONDAY	Greek Pasta with Tomatoes and White Beans
TUESDAY	California Tacos
WEDNESDAY	Slow Cooker Chicken Creole
THURSDAY	Erin's Indonesian Chicken
FRIDAY	Italian Style Flounder

GROCERY LIST

MEAT

- 8 skinless, boneless chicken breasts
- 2 pounds flounder fillets

CANNED GOODS

- 2 (14.5 ounce) cans Italian-style diced tomatoes
- 1 (19 ounce) can cannellini beans, drained and rinsed
- 1 (15 ounce) can black beans
- 1 (14.5 ounce) can stewed tomatoes
- 1 (4 ounce) can mushrooms
- 1 (14.5 ounce) can low-sodium chicken broth

DAIRY

- 1 (5 ounce) package crumbled feta cheese
- ½ tablespoon butter

DRY GOODS

- 1 (8 ounce) package penne pasta
- 8 corn tortillas
- 1⅓ cup long grain white rice
- ⅓ cup smooth peanut butter
- 2 teaspoons honey
- 2 tablespoons chopped peanuts, optional

SPICES

- Creole-style seasoning
- 2 teaspoons dried basil
- 1 teaspoon garlic powder

SAUCES, OILS, AND CONDIMENTS

- 2 tablespoons vegetable oil
- Green pepper sauce (such as Tabasco®), optional
- 2 teaspoons olive oil
- 1 tablespoon low sodium soy sauce
- 1 teaspoon red chile paste

WEEK 3

allrecipes

A MONTH OF CHEAP AND HEALTHY MEALS FOR FOUR

GROCERY LIST

PRODUCE

- [ ] 1 lime
- [ ] 1 lemon
- [ ] 1 stalk celery
- [ ] 1 green bell pepper
- [ ] 1 fresh jalapeno pepper
- [ ] 1 pound fresh green beans
- [ ] 3 green onions
- [ ] fresh cilantro
- [ ] 10 ounces fresh spinach
- [ ] 4 tomatoes
- [ ] 2 avocados
- [ ] 2 onions
- [ ] 2 avocados

WEEK 4

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A MONTH OF CHEAP AND HEALTHY MEALS FOR FOUR

MENU

MONDAY	Easiest Spicy Cod
TUESDAY	"Skinny" Chicken Tacos
WEDNESDAY	Chicken Kabobs
THURSDAY	Aussie Beef and Peppers with Gnocchi
FRIDAY	Kadai Chicken

GROCERY LIST

PRODUCE

- 3 limes
- 2 tablespoons chopped fresh parsley
- 1 bunch cilantro
- 4 red bell peppers
- 1 yellow bell pepper
- 1 large green bell pepper
- 2 jalapeno peppers
- 1 red onion
- 2 onions
- 5 tomatoes
- 1 clove garlic
- 2 1 (6 ounce) package fresh button mushrooms
- 7 dried red chile peppers (may also be found in the spice aisle)

MEAT

- 1 ½ pounds cod fillets
- 12 boneless, skinless chicken breasts
- 1 pound flank steak

CANNED GOODS

- 1 (16 ounce) jar salsa
- 1 (14.4 ounce) can diced tomatoes

DRY GOODS

- 4 multi-grain tortillas (or use leftover corn tortillas from Week 3)
- 1 (1 pound) package potato gnocchi

SPICES

- 2 teaspoons ground cumin
- 2 teaspoons garlic powder
- 2 teaspoons ground chipotle pepper
- 1 teaspoon smoked sweet paprika

SAUCES, OILS, AND CONDIMENTS

- 1 (12 ounce) bottle barbeque sauce
- 2 teaspoons olive oil
- 5 teaspoons vegetable oil

OTHER

- ¼ cup olive oil (about 1.15 ounces)