

EAT WELL SPEND SMART

CHEAP MEAL PLAN FOR TWO



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Disclaimer

This meal plan does not replace the advice of a medical professional. Consult your physician before making any changes to your diet or regular health plan.

There are no guarantees or promises that you will see financial results from this meal plan. I am simply sharing what works for my family. Prices and availability may vary depending on your location. This meal plan should be seen as educational and entertainment.

MEAL PLAN NOTES

This meal plan is designed to feed two people for one week. The plan was created to only spend \$50 at Walmart even if you have nothing in your kitchen except salt and pepper. If you already have a stock of food that you are working from, you could do this plan for even less.

Your Walmart may have different prices than mine, so I can not guarantee \$50 for you.

Certain meals are meant to be carried over to another meal for leftover makeovers. This is one of my strategies for saving money and time. Please read through the entire week before jumping in to a meal plan. If you change out a recipe, make sure the leftovers are not needed for another recipe.

I have included blank weekly meal plan templates for you to print. The weekly meal plan is helpful to hang on the fridge or calendar in the kitchen to keep you on track. It is also a place to point the family to when they ask, "what's for dinner?" Every cook's favorite question.

Happy cooking!

Tara

PREP NOTES



Divide remaining chicken into three portions for future meals.

Make broth with the chicken bones for Tuesday's chicken soup.



Save half of the soup for lunch tomorrow.

Make egg bake for tomorrow or you can make it fresh tomorrow morning.



Soak beans overnight for dinner tomorrow.



Save 2 1/4 cups of beans for tomorrow's lunch and dinner.

Save 2 corn muffins for dinner tomorrow.



Save 1 cup of chili for chili baked potatoes for tomorrow night's dinner.



MENU

MONDAY

B: BREAKFAST BURRITOS

L: GRILLED CHEESE, 1/2 APPLE, CARROTS

D: WHOLE CHICKEN, CARROTS, POTATOES, PEAS

TUESDAY

B: BREAKFAST BURRITOS

L: SPINACH SALADS WITH CHICKEN

D: CHICKEN SOUP

WEDNESDAY

B: SPINACH AND POTATO EGG BAKE, 1/2 BANANA

L: LEFTOVER CHICKEN SOUP

D: CHICKEN BROCCOLI RICE

THURSDAY

B: EGG BAKE, 1/2 BANANA

L: LEFTOVER CHICKEN BROCCOLI RICE

D: PINTO BEANS, CORN MUFFINS

FRIDAY

B: EGG BAKE, 1/2 BANANA

L: BEAN BURRITOS

D: TURKEY CHILI, CORN MUFFIN

SATURDAY

B: EGG SANDWICH

L: LEFTOVER CHICKEN AND RICE OR GRILLED CHEESE, CUCUMBER SLICES

D: CHILI TOPPED BAKED POTATOES, SPINACH SALAD

SUNDAY

B: EGG SANDWICH

L: GRILLED CHEESE, CUCUMBER SLICES, 1/2 APPLE

D: TURKEY TACOS

SHOPPING LIST

NOTE: PRICES REFLECT WHEN I SHOPPED AT WALMART IN MISSOURI IN APRIL 2023. YOUR PRICES MAY VARY.



PRODUCE:

- carrots 1 lb bag: \$.98
- russet potatoes 5lb bag: \$3.27
- Marketside fresh spinach 10 oz: 1.98
- cucumber: \$.72
- gala apples (3): \$2.07
- bananas (4): \$.88



DRY GOODS:

- Great Value long grain white rice 1 lb: \$.88
- Great Value pinto beans, dry 1 lb: \$1.24
- Great Value medium flour tortillas 10 ct.: \$1.98
- Great Value wheat bread: \$1.78
- Jiffy corn muffin mix: \$.62



FROZEN:

- Great Value frozen broccoli florets 12 oz: \$1.16
- Great Value frozen peas 12 oz: \$.98



MEAT/PROTEIN:

- Tyson whole chicken: \$7.37
- Butterball ground turkey 1.25 lb: \$4.98 (Ground beef can be subbed if it is on sale and less expensive than the ground turkey.)
- Great Value large white eggs 18 ct: \$2.92



SPICES:

- Great Value Italian seasoning: \$1.12
- Great Value chili powder: \$1.12



CONDIMENTS:

- Great Value chunky salsa, mild 24 oz: \$2.36
- Great Value ranch dressing \$1.98



DAIRY:

- Great Value butter quarters: \$3.98
- Great Value sharp cheddar cheese block 16 oz: \$3.68

RECIPES

Breakfast burritos

The Ingredients

- 6 EGGS
- 3/4 TSP SALT
- 4 TORTILLA SHELLS
- CHEESE
- SALSA
- BUTTER

The Instructions

1. Preheat skillet over medium low heat.
2. In a bowl, crack the eggs and add salt. Whisk with a fork or whisk.
3. When skillet is hot add 1 T. butter.
4. Pour eggs into skillet and continue to push cooked eggs toward the center and flipping over occasionally until they are done to your likeness.
5. Lay out the tortillas and divide the eggs into four equal portions onto the shells.
6. Top with shredded cheese and salsa if desired.
7. To reheat, place in microwave for 45 seconds or until hot.

NOTE: Eat one burrito each today. The remaining two burritos are for breakfast tomorrow.

Grilled Cheese Sandwiches

The Ingredients

- 4 SLICES OF BREAD
- 3-5 SLICES OF CHEESE PER SANDWICH
- 2 T. BUTTER

The Instructions

- Melt butter in a skillet over medium heat.
- Add bread and cook for a few minutes until lightly toasted.
- Turn one slice of bread over and add cheese. Top with second slices of bread so that the toasted side is touching the cheese.
- Add more butter if needed. Toast one side and flip to the other side to toast second side. If bread is browning faster than the cheese is melting, lower the heat and cover with a lid. This will help melt the cheese faster.

Whole Roasted Chicken & Vegetables

The Ingredients

- 2 carrots, peeled
- 2 potatoes, washed and skin on
- 1 whole chicken
- 2 T. melted butter
- 1 tsp salt
- 1/2 tsp pepper
- 1 tbsp Italian seasoning

The Instructions

- Preheat oven to 400 degrees.
- Cut potatoes and carrots into large chunks.
- Remove innards from chicken and place into a 9x13 baking dish.
- Add vegetables around chicken.
- Pour melted butter over chicken and vegetables.
- Sprinkle seasonings over chicken and vegetables.
- Bake in 400 degree oven for about an hour or until chicken is no longer pink and has reached an internal temp of 165 degrees F.

Important Notes:

Split the meat from one breast and both legs for night one.

After dinner, remove the meat from the bones and divide into 3 portions for future meals.

Save the bones and place in a slow cooker or stockpot with enough water to cover the bones to make broth.

Instructions on next page

Buttered peas

The Ingredients

- 1 cup frozen peas
- 1 T. butter
- salt to taste

The Instructions

- Cover frozen peas in water and either boil on the stovetop or cook in microwave for five minutes.
- Drain water.
- Add butter and salt and stir to combine.

Chicken broth

The Ingredients

- bones from the chicken
- water (enough to cover the bones by an inch or two)
- drippings from pan

The Instructions

- Place bones and pan drippings in a slow cooker and cover with water.
- Slow cook 10 hours on high.
- Strain broth from bones the next day. Discard bones.

Note:

This can be made on the stovetop as well. Simmer for 8-10 hours with a lid partially on.

In an Instant Pot, cook on high for 2-3 hours.

Spinach salads with chicken & croutons

The Ingredients

- Spinach
- 1 carrot
- 2 slices of bread, cut into cubes
- 1 T. butter
- 1/4 tsp salt
- 1/2 tsp Italian seasoning
- Ranch dressing
- 1 portion of leftover chicken, sliced

The Instructions

- Make the croutons by heating the butter in a small skillet over medium heat.
- Add cubed bread, salt and Italian seasoning. Stir
- Toast on one side and flip to toast on the other side. It may take about 8 minutes to make the croutons so be patient.
- Fill a plate with spinach.
- Use a vegetable peeler and peel ribbons of the carrot onto the salad.
- Top with sliced chicken and croutons.
- Drizzle with salad dressing.

Chicken soup

The Ingredients

- 1 T. butter
- 2 carrots, peeled and diced
- 2 potatoes, peeled and cubed
- 4 cups broth (from the first night. Add water if you don't have enough broth.)
- 1 tsp salt (or more to taste)
- 1 tsp Italian seasoning
- 1/4 tsp pepper (or more to taste)
- 1/2 c. peas
- chopped leftover chicken (about 2 cups)

The Instructions

- Melt butter in a soup pot.
- Add chopped carrots and potatoes and cook for about 3-5 minutes.
- Add broth and seasonings.
- Bring to a boil, reduce heat and simmer for about 10 minutes.
- Add peas and cook for another 3 minutes.
- Add chopped chicken and cook for another 2-3 minutes.
- Taste and adjust seasonings if needed.

Spinach & Potato Egg Bake

The Ingredients

- 1 potato, peeled and cubed
- 1 c. spinach, chopped
- 1 T. butter
- 6 eggs
- 3/4 tsp salt
- 1/4 tsp pepper
- 1/2 cup water

The Instructions

- Preheat skillet over medium heat.
- Preheat oven to 400 degrees.
- Add butter and potatoes to skillet. Brown and flip to other side to brown for a total of about 8 minutes.
- Add spinach and wilt. Set aside.
- In a medium bowl, whisk together 6 eggs, salt, pepper, and water.
- Butter a pie plate and spread potatoes and spinach in the bottom in a skillet layer.
- Pour eggs on top.
- Bake at 400 degrees for about 20 minutes or until eggs are puffed and set.
- Cut into 6 slices. A serving size is 1 slice per person.

Chicken broccoli rice

The Ingredients

- 1.5 c rice
- 3 c. water
- 1 carrot diced
- 1.5 tsp salt
- 1/2 tsp pepper
- 1.5 tsp Italian seasoning
- 12 oz bag frozen broccoli
- 2 c. leftover chicken
- 3 T. butter

The Instructions

- In a medium pot with a lid, add rice, water, diced carrot, salt, pepper, and Italian seasoning and stir.
- Bring to a boil, reduce heat to a simmer, cover and cook for 12 minutes.
- Remove lid, add frozen broccoli and chicken on top, return lid, and cook for another 3-5 minutes until rice is tender and broccoli is cooked through.
- Fluff with a fork, add butter and stir.
- Taste and add more seasonings if needed.

Pinto beans and corn muffins

The Ingredients

- 1 lb dry pinto beans
- 6 cups water
- 1.5 tsp salt (or more to taste)
- 1/4-1/2 tsp pepper (depending on taste preference)

The Instructions

- After soaking beans overnight, drain and rinse.
- Return to a pot covered with 6 cups of water.
- Bring to a boil and skim off any foam.
- Add salt and pepper, reduce heat to a simmer, cover with a lid partially on, and simmer for about 1 1/2 hours or until beans are tender. Start checking for doneness around 1 hour.

IMPORTANT NOTE: Reserve 2 1/4 cups of beans. 1.5 cup for turkey chili and 3/4 cup for bean burritos.

Corn muffins: Make Jiffy corn muffins according to package directions, but use water instead of milk. Save two muffins to each with turkey chili.

Bean burritos

The Ingredients

- 2 tortillas
- 3/4 c leftover beans
- 1/4 cup cheese
- salsa
- salt and chili powder to taste

The Instructions

1. Heat beans in microwave and season with salt and chili powder to taste. You may also just leave them plain.
2. Mash them a bit with a potato masher or fork.
3. Divide in half to fill two tortillas.
4. Top with cheese
5. Top with salsa if desired.
6. Fold sides in then roll bottom to top.

Turkey chili

The Ingredients

- 1/2 of the turkey (.625 lb)
- 1.5 cup beans from the pinto beans made the night before
- 1 T. chili powder
- 1/2 cup salsa
- 1/2 tsp salt
- 1 cup water

The Instructions

- Brown ground turkey in a pot.
- Drain any fat.
- Add chili powder, salt, beans, salsa and water.
- Stir and let simmer for about 10-15 minutes.

IMPORTANT NOTE

Before eating, reserve 1 cup of chili for chili baked potatoes tomorrow night.

Egg Sandwiches

The Ingredients

- 1 egg per sandwich
- 2 slices of bread per sandwich
- cheese
- butter

The Instructions

- Preheat skillet.
- Add enough butter to cover the bottom of skillet.
- When melted add egg and salt.
- When one side is cooked flip and add cheese on top. Cover with lid to melt cheese.
- When egg is cooked, place in between two slices of bread.
- Add more butter to the skillet and toast each side of bread.

Chili baked potatoes

The Ingredients

- 2 potatoes
- 1 c. chili (divided)
- shredded cheddar cheese

The Instructions

- Wash potatoes and poke pierce with a fork several times.
- Bake potatoes in a 350 degree oven for an hour or cook in the microwave for about 10 minutes.
- Cut potato in half and add salt and pepper.
- Reheat chili and pour half on top of each potato.
- Top with cheese.
- Serve with side spinach salad with cucumber slices and dressing.

Turkey tacos

The Ingredients

- 1/2 of the ground turkey (.625 lb)
- 2 tsp chili powder
- 1/2 tsp salt
- 3 T. water
- 4 tortillas
- salsa
- spinach
- shredded cheddar

The Instructions

- Brown ground turkey in a small skillet. Drain any fat.
- Add chili powder, salt, and water. Simmer for minute.
- Divide meat in half. Each half should fill two tortilla shells, which is one person's serving.
- Top with shredded cheese, salsa, and spinach.