

\$80 Weekly Family Meal Plan

**FEED YOUR FAMILY (AND TODDLER) USING REAL
LOCAL DEALS**

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Welcome

WHY I DO THIS

Because feeding your family should not feel like a full-time job.

Groceries are expensive, everyone is tired, kids still need to eat, and dinner keeps showing up every night whether you're ready or not.

So I make one plan that actually works.

Not a perfect plan. Not a fancy plan.

A real one — using real stores, real prices, and food people will actually eat.

If this makes your week easier, then it did its job.

YOUR WEEK IS HANDLED

- 3 simple store stops
- 5 dinners planned
- leftovers used for lunch
- minimal cooking during the week
- kid-friendly meals
- backup plan included

How This Plan Works

- One grocery trip
- One set of meals for everyone
- Toddler eats modified versions (no separate cooking)
- Cook once, reuse all week
- Simple, repeatable meals

Main stop: Meijer

Support stop: Northland

Quick add-on: Oleson's

01

Grocery List

WHAT TO BUY THIS WEEK

MEIJER

Chicken drumsticks — 6-7 lbs

Pasta — 4 boxes

Pasta sauce — 4 jars

Peanut butter — 1 jar

NORTHLAND FOODS

Ground beef — 3 lbs

Potatoes (5 lb bag) — 1

Frozen vegetables — 5 bags

Apples (3 lb bag) — 1

Bananas — 2-3 lbs

Chunk cheese — 24 oz

Bread — 2 loaves

OLESON'S

Bell peppers — 5

Vidalia onions — 2 lbs

Oats — 42 oz

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Where I'd Actually Go

WHERE I'D ACTUALLY GO

MEIJER

CHICKEN DRUMSTICKS — 99¢/LB

PASTA — 3/\$4

MILK — EVERYDAY PRICE

EGGS — EVERYDAY PRICE

CHEESE — EVERYDAY PRICE

BANANAS — EVERYDAY PRICE

APPLES — EVERYDAY PRICE

YOGURT — EVERYDAY PRICE

NORTHLAND FOODS

PORK LOIN — \$1.99/LB

POTATOES (5 LB) — 99¢

MAC & CHEESE — 4/\$2

OLESON'S

STRAWBERRIES — 2/\$5

CARROTS — 99¢

BREAD — EVERYDAY PRICE

Do This Once. Your Week Gets Easier

DO THIS ONCE. YOUR WEEK GETS EASIER

TOTAL TIME: ~75-90 MINUTES

COOK

CHICKEN DRUMSTICKS (400°F FOR 40-45 MIN)

COOK

ALL GROUND BEEF

CHOP

PEPPERS + ONIONS

OPTIONAL

BOIL 1 BOX PASTA FOR FASTER MEALS

IMPORTANT

SHRED SOME CHICKEN FOR LATER MEALS

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*Do This Once.
Your Week Gets Easier.*

You now have:

- 2–3 dinners started
 - lunches ready
 - protein prepped
- less cooking all week

5 day meal plan

01

B

OATMEAL + BANANA

L

PEANUT BUTTER TOAST +
APPLES

D

SPAGHETTI + GROUND BEEF +
VEGETABLES

02

B

TOAST + PEANUT
BUTTER + BANANA

L

LEFTOVER SPAGHETTI

D

CHICKEN DRUMSTICKS +
POTATOES +
VEGETABLES

03

B

OATMEAL + APPLES

L

CHICKEN + BREAD +
FRUIT

D

BEEF + PEPPER PASTA

04

B

TOAST + PEANUT
BUTTER + BANANA

L

LEFTOVER PASTA

D

CHICKEN + CHEESE
TOAST MELTS +
FRUIT

05

B

OATMEAL + APPLES

L

CHICKEN LEFTOVERS

D

CHICKEN PASTA +
VEGETABLES

Dinner Instructions

WHAT TO DO AT 5PM

MONDAY

SPAGHETTI + GROUND BEEF

BOIL PASTA

HEAT COOKED BEEF

ADD SAUCE AND STIR

HEAT FROZEN VEGETABLES

SERVE TOGETHER

TUESDAY

CHICKEN + POTATOES

REHEAT COOKED CHICKEN

MICROWAVE OR ROAST POTATOES

HEAT FROZEN VEGETABLES

SERVE WITH FRUIT

WEDNESDAY

BEEF + PEPPER PASTA

COOK PASTA

HEAT BEEF

ADD PEPPERS + ONIONS

ADD SAUCE AND STIR

SERVE OVER PASTA

THURSDAY

CHICKEN TOAST MELTS

TOAST BREAD

ADD CHICKEN + CHEESE

BAKE OR AIR FRY UNTIL MELTED

SERVE WITH FRUIT

FRIDAY

CHICKEN PASTA

COOK PASTA

ADD CHICKEN + SAUCE

STIR IN CHEESE

SERVE WITH VEGETABLES

Leftover Map

NOTHING GETS WASTED

Leftover Map
Nothing Gets Wasted

Day 1 spaghetti → Day 2 lunch
Day 2 chicken → Day 3 lunch
Day 3 pasta → Day 4 lunch
Day 4 chicken → Day 5 lunch
Day 5 pasta → weekend

Saturday → beef skillet
Sunday → leftover dinner board

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Toddler options

Toddler Options

Same meals. Just simpler.

**Serve food separately
Keep sauces on the side
Cut into small pieces
Use bread or fruit as backup**

SNACKS

Use what you already bought:

**bananas
apples
peanut butter toast
cheese
bread**

No extra grocery list needed

TIPS + TRICKS

HOW TO MAKE THIS WEEK EASIER

How To Make This Week Easier

Don't cook from scratch every night

Repeat meals on purpose

Keep it simple

Use leftovers first

Have a backup ready

Shop once, then stop



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