

\$75 Weekly Family Meal Plan

FEED YOUR FAMILY OF 6 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. I know what it feels like to stare into the fridge, do the math in your head, and still not know what the plan is.

So I make one.

Not a fantasy meal plan. Not influencer nonsense. A real one. Using real deals, real stores, and food people will actually eat. Something that takes a little pressure off and gives families one less thing to carry.

If this makes your week easier, then it did what it was supposed to do.

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

This week's plan is built to make food cheaper, easier, and less annoying.

- Cook once, use it more than once
- Use real local deals, not vague suggestions
- Keep meals simple and kid-safe
- Make sure lunch is mostly leftovers, not extra work
- Build in a backup plan for the nights that go sideways

That's it. No gourmet goals. No fake perfection. Just food on the table without the usual spiral.

01

Grocery List

WHAT TO BUY THIS WEEK

Meijer

- Chicken drumsticks — 6 lbs
- Blackberries — 4 containers
- Barilla pasta — 3 boxes
- Milk — 2 gallons
- Eggs — 2 dozen
- Shredded cheese — 2 bags

Northland Foods

- Pork loin — 5 lbs
- Russet potatoes (5 lb) — 1 bag
- Mac & cheese — 4 boxes
- Soup — 3 cans

Olesons

- Pasta sauce — 2 jars
- Canned tomatoes — 5 cans
- Baby carrots — 2 bags
- Strawberries — 2 containers
- Bread — 2 loaves

Where I'd Actually Go

MEIJER

CHICKEN DRUMSTICKS — 99¢/LB
BLACKBERRIES — 2/\$1 BARILLA PASTA — 3/\$4
MILK — EVERYDAY PRICE, NOT ON SALE
EGGS — EVERYDAY PRICE, NOT ON SALE
SHREDDED CHEESE — EVERYDAY PRICE, NOT ON SALE

WHY THESE STORES
MEIJER IS THE MAIN STOP THIS
WEEK. NORTHLAND MAKES THE
BULK PROTEIN AND POTATO
MATH WORK. OLESON'S FILLS
THE PANTRY AND PRODUCE
GAPS WITHOUT SENDING YOU ON
A FOURTH STOP.

NORTHLAND FOODS

CHICKEN THIGHS — \$1.49/LB
PORK LOIN — \$1.99/LB
POTATOES (5 LB) — 99¢ WITH COUPON
MAC & CHEESE — 4/\$2 WITH COUPON
SOUP — 3/\$5 WITH COUPON

OLESON'S

PASTA SAUCE — 2/\$4
CANNED TOMATOES — 5/\$5
BABY CARROTS — 99¢
STRAWBERRIES — 2/\$5
BREAD — EVERYDAY PRICE,
NOT ON SALE

SAVE MONEY, BUY ONLY WHAT
YOU NEED!

Do This Once. Your Week Gets Easier

(FAMILY OF 6)

TOTAL TIME: ~75 MINUTES.

BEFORE YOU START (2 MIN)

TAKE OUT:

CHICKEN DRUMSTICKS (ABOUT 12-14 PIECES)

POTATOES (HALF THE BAG)

CARROTS (1 BAG)

SET OVEN TO:

375°F

GRAB:

2 SHEET PANS

1 LARGE POT

CUTTING BOARD + KNIFE

Do This Once.

Your Week Gets Easier.

0:00–0:10 (SETUP)

1. Wash: potatoes carrots
2. Cut: potatoes into chunks carrots into halves (or leave whole if small)
3. Spread on sheet pan: drizzle oil sprinkle salt + pepper

0:10–0:15 (PROTEIN PREP)

1. Place drumsticks on second sheet pan
2. Lightly coat with oil
3. Add:
salt
pepper

0:15–1:00 (COOKING TIME)

Put BOTH pans in oven:
chicken + veggies
cook for 45 minutes 0:20–0:35 (WHILE IT COOKS)
DO NOT WANDER — this is your productivity window
Option A (recommended)
Cook 1 box pasta:
boil water
cook pasta
drain + store
Option B
Slice pork loin into:
2 meal portions
Store raw in fridge for later

0:45–1:00 (FINISH)

Check chicken: internal temp ~165°F
juices run clear
Pull everything out:
let cool 10–15 min

STORAGE (CRITICAL STEP)

CHICKEN

Half stays whole (for dinner)
Half gets shredded (for meals later)

VEGGIES

Store in container
Use for 2-3 meals

CHICKEN

Reserve 2 cups shredded chicken for Friday's mac & cheese.

PASTA

Store plain
Do not add sauce

WHAT YOU JUST DID (IMPORTANT)

You now have:
2-3 dinners partially done
lunches already started
proteins ready to reuse

HOW THIS PREP PLAYS OUT

HOW THIS PREP PLAYS OUT

MONDAY

Reheat chicken + veggies

TUESDAY

Use shredded chicken → BBQ bowls

WEDNESDAY

Use pork → spaghetti

Use pork → sheet pan

FRIDAY

Use chicken → mac & cheese

KID-SAFE BUILT-IN

Because you:

kept seasoning simple

didn't mix sauces yet

IF YOU'RE TIRED VERSION

If you only do ONE thing:

Cook the drumsticks

That alone covers:

2 dinners
2 lunches

5 day meal plan

01

B

SCRAMBLED EGGS + TOAST

L

PB&J AND CARROTS

D

ROASTED DRUMSTICKS +
POTATOES + CARROTS

02

B

TOAST + BLACKBERRIES

L

CHICKEN SANDWICHES (FROM
MONDAY DINNER)

D

BBQ CHICKEN BOWLS (USE
SHREDDED DRUMSTICKS)

03

B

EGGS + TOAST

L

LEFTOVER BBQ CHICKEN
BOWLS

D

SPAGHETTI WITH PORK
MEAT SAUCE

04

B

TOAST + STRAWBERRIES

L

LEFTOVER PASTA (FROM
WEDNESDAY DINNER)

D

SHEET PAN PORK + POTATOES +
CARROTS

05

B

EGGS + TOAST

L

PORK SANDWICHES + CARROTS
(FROM THURSDAY DINNER)

D

LOADED MAC & CHEESE +
CHICKEN

Dinner Instructions

Dinner Instructions

Monday — Roasted Drumsticks + Potatoes + Carrots

Reheat the cooked drumsticks in a 350° oven for 10–15 minutes. Roast potatoes and carrots until hot and lightly browned. Serve everything plain or with ketchup, ranch, or BBQ on the side.

Tuesday — BBQ Chicken Bowls

Take the shredded chicken from the fridge. Warm it in a skillet or microwave, then mix with BBQ sauce. Serve over chopped roasted potatoes or with bread on the side.

Wednesday — Spaghetti with Pork Meat Sauce

Boil pasta. Brown diced or crumbled pork in a pan, then add pasta sauce and canned tomatoes. Simmer 10–15 minutes and serve over pasta. Keep some noodles plain if needed.

Thursday — Sheet Pan Pork + Potatoes + Carrots

Place sliced pork, potatoes, and carrots on a sheet pan. Drizzle with oil, season simply, and roast at 400° until cooked through and browned. Serve with sauce on the side if your kids like one.

Friday — Loaded Mac & Cheese + Chicken

Make the mac & cheese. Stir in shredded chicken and a little shredded cheese. Serve plain for kids who want it simple.

Leftover Map

NOTHING GETS WASTED

- Monday chicken → Tuesday lunch (sandwiches) + Tuesday dinner (BBQ bowls)
- Tuesday chicken → Wednesday lunch (leftover bowls)
- Wednesday pasta + pork → Thursday lunch
- Thursday pork → Friday lunch (sandwiches)
- Friday mac & cheese → weekend lunch or backup meal

You are using what you already paid for — not starting over every day

PICKY KID OPTIONS

Keep It Simple

- Serve sauces on the side (BBQ, pasta sauce)
- Keep at least one “plain” option at every meal
- Let kids build their own plate (meat, carbs, sides separate)
- Don’t mix everything together unless you know they’ll eat it

Easy Swaps (No Extra Work)

- Pasta night → offer butter noodles + cheese
- Chicken meals → serve plain chicken + bread
- Pork meals → slice thin, serve separate
- Veggies → serve raw or lightly cooked instead

When They Won’t Eat Anything

- Eggs + toast
- Bread + cheese
- Fruit + yogurt

That still counts as dinner

**SOME DAYS THEY EAT
EVERYTHING. SOME DAYS THEY
SURVIVE ON CRACKERS. BOTH
ARE NORMAL.**

TIPS + TRICKS

HOW TO MAKE THIS WEEK EASIER

How to Make This Week Easier

- 1. Don't cook from scratch every night.*
- 2. You already did the work on prep day. Reheat, reuse, and move on.*
- 3. Repeat meals = less stress.*
- 4. Same breakfast. Same lunch pattern. That's not boring. That's efficient.*
- 5. Keep meals simple.*
- 6. If it takes more than 20–30 minutes, skip it.*
- 7. Always cook extra protein.*
- 8. That's what turns into lunches, next dinners, and backup meals.*
- 9. Use what's already cooked first.*
- 10. Before making something new, ask: "What do I already have ready?"*
- 11. Keep a backup meal ready.*
- 12. Eggs + toast, pasta + butter, or mac & cheese all count.*
- 13. Don't overthink it.*
- 14. If your family is fed, you did it right.*
- 15. Shop once, then stop.*
- 16. No midweek grocery trips unless something truly runs out.*

