

\$50 Weekly Groceries – Family of 4 (2 adults, 2 toddlers)

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<i>Soup Sunday</i>	<i>Mexican Monday</i>	<i>Italian Tuesday</i>	<i>Breakfast Wednesday</i>	<i>Asian Thursday</i>	<i>Comfort Food Friday</i>	<i>Sandwich Saturday</i>
Chicken Noodle (Bear Creek) Rolls (diy or buy) Green salad	Baked Tacos (Cheese, black beans, rice, lettuce, shells) Pico (tomato, onion, cilantro)	French Bread Pizza (French bread, canned sauce, cheese, toppings) Raw veggies	Biscuits and Gravy with Lentils (diy/buy biscuits, country gravy, lentils) Green salad	Sweet and Sour Chicken (chicken, sauce, pineapple, green pepper, rice)	Chicken pot pie (your favorite frozen pot pies)	Grilled Cheese Tomato Soup (Amy’s organic chunky tomato bisque, bread, cheese)
Tortilla Soup (Bear Creek) Cornbread (jiffy box or diy) Green salad	Quesadillas (Refried beans, cheese, tortillas) Curtido (cabbage, onion, vinegar, oregano, brown sugar)	Cheese Ravioli (Frozen cheese ravioli, canned marinara) Green beans (frozen or fresh)	Waffles or Pancakes (diy batter, syrup) Hashbrowns (fresh or frozen)	Lentil Curry and Rice (lentils, yellow curry, rice) Cucumber salad (cucumber, vinegar, sugar)	Meatloaf (ground beef, oatmeal, egg, salsa) Green Salad	BLT (bacon, lettuce, tomato, bread) Raw veggies
Vegetable Beef (Bear Creek) Biscuits (diy or buy) Green salad	Chicken Fajitas (chicken, peppers, onions, seasoning, corn tortillas)	Broccoli Alfredo (knolls alfredo package or pasta and alfredo jar/mix, broccoli)	Omelet (peppers, onions, spinach, eggs) Toast	Veggie Stir-fry (peppers, onions, sauce) Chow Mein or Rice	BBQ Chicken Sweet potato (bbq sauce, chicken, sweet potato, cilantro)	Lentil Sloppy Jo (diy buns or store bought. Lentils, your choice of sauce) Green salad
Minestrone Soup (Bear Creek) Breadsticks (diy or buy) Green salad	Fried Egg Enchiladas (eggs, enchilada sauce) Cornbread (jiffy box or diy)	Pesto pasta (or Tortellini) (jar of pesto, frozen tortellini or box of pasta) Raw veggies	Dutch Baby/ German Pancake (eggs, flour, lemon, powdered sugar) Breakfast Potatoes	Thai Salad Bag w/Lemon Tuna (Thai salad bag dressing included, lemon tuna packs)	Lentil Shepherd’s Pie (Lentils, mashed potatoes, green beans, ketchup)	Egg, Tuna or Chicken Salad (egg, tuna or chicken, pile on the veggies, spinach, tomato, onion etc)

**Feel free to add salad or vegetables to any dinner *You can always eat a lot of vegetables for lunch to make sure you are getting enough in!*

Breakfasts	Lunches	Snacks
Oatmeal, MaltOMeal	PB&J sandwich	Vegetables, Fruit, boiled eggs, crackers occasionally
Smoothies	Turkey sandwich	Peanut butter (w/apples or celery)
Cheerios (original)	Tuna, Chicken or Egg salads on bread	Sugar-free Jello cups (diy)
Eggs (boiled or fried)	BIG Salads (skinny girl brand dressings are so good!)	Smoothies / Smoothie popsicles
Toast, quinoa	Leftovers, leftovers, leftovers!	Powerballs (oatmeal, pb, chia, protein powder, honey, coconut, flax seed) <i>recipe at cleaneatsandtreats.com</i>

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You may notice that each of these meals are cheap and easy. I'm finishing up college next month and it's been crazy juggling it all! I NEED easy. Each meal should come up under \$5.00 and should feed a young family of 4, 2 adults, 2 toddlers. Our family comes out spending \$200 a month on groceries. Any eating out at restaurants comes out of our entertainment budget. Call me crazy, but it works for us, and we aren't starving! AND we'll be completely debt free in less than 4 years, if we keep this up!

You'll notice that there isn't a ton of meat either. By substituting meats with other proteins such as lentils, eggs and beans we are able to save a lot of money. We eat meats for lunches throughout the week and for dinners maybe once or twice a week. At restaurants we definitely order fancy meats!

Of course, I can't get ALL of what's listed below in one week. I check my fridge and cupboards for things that I already have and take them off the list. I buy bulk if I can afford to for the week, especially eggs, rice, quinoa, peanut butter, honey, oatmeal, things like that.

I use the Walmart grocery app as a visual aid to help me put together my weekly list to make sure it's under \$50. I know the app is intended for grocery pickup, but seeing as I use cash, once I make the list, I go to the store, pull out my phone and go through the list as I shop. I make sure to mark the items as favorites in the app because they will come back around throughout different weeks. If I run out of something during the week I immediately put it on the list/app so that it will be included in the next grocery trip.

Search for the cheap yet quality food items, some items you can taste the difference, some items you can't. Buy organic when you can, it's not always expensive, like soups, try Amy's Kitchen. You can also buy organic tomato sauce for less than \$0.50 and you can add your own garlic and seasonings. Make your own rolls, biscuits, breadsticks, etc. But don't pass up killer deals on French bread and rolls when you come across them!

Grocery list every week:

-(start your month off buying bulk eggs, 60 for about \$5.00)

-2 loaves of bread

-2 gallons of milk

-All weekly menu items

-Lunch meat (switch it up every week if you want, turkey, tuna, or chicken, if no money left then do pb&j and leftovers)

-Salad items (spinach, lettuce, optional examples: tomato, onion, banana peppers, croutons, dressings, etc. whatever suits your salad fancy)

-Other vegetables to snack on, carrots, cucumbers, celery, etc.

-Fruits (two kinds every week, always bananas and then one other Ex: one week strawberries, next week apples, next week oranges, next week grapes, etc.)

-Extras: (*a lot of these will already be included in the weekly menu items) rice, quinoa, yeast, lentils, honey, peanut butter, jelly/jam, syrup, oatmeal, cereal, sugar-free jello (if I 'must have' a sweet during the week), crackers, rice cakes, chia, flax seed, coconut flakes, protein powder (protein powder actually comes out of my own personal monthly spending aka my slush money)