



Grocery List *

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Week 1	Jelly	Oil
	Milk	Garlic
	Eggs	Celery
	Pasta	Greens
	Salsa	Cheese
	Rice	Carrots
	Raisins	Cornmeal
	Oatmeal	Brown sugar
	Fresh fruit	Green chilies
	Chicken broth or bouillon	

Week 2	Milk	Butter
	Eggs	Cheese
	Celery	Greens
	Carrots	Ketchup
	Fresh fruit	Mustard
	Taco seasoning	
	Parmesan cheese	

Week 3	Milk	Rice
	Eggs	Cheese
	Soup	Greens
	Celery	Spinach
	Carrots	Cornmeal
	Fresh fruit	
	Frozen vegetables	

Week 4	Milk	Salsa
	Eggs	Greens
	Soup	Cheese
	Celery	Onions
	Carrots	Spinach
	Cornmeal	Beef stew
	Fresh fruit	Flour tortillas
	Frozen vegetables	

MON TUES WED THURS FRI SAT SUN

Week 1

Cereal w/ milk Ramen noodles w/ carrots+celery Beef stew w/ dumplings	Toast w/ peanut butter, yogurt Soup+baking mix biscuits Pasta w/ tomato sauce +meat crumbles	Eggs+toast Peanut butter+ jelly sandwich, fruit Two-bean Chicken Chili, leftover biscuits	Oatmeal w/ milk, raisins+brown sugar Leftover chili Grilled cheese sandwich w/ tuna, carrots+ celery	Cereal w/ milk, fruit Eggs+toast Beans+salsa over rice, fruit	Corn cakes w/ brown sugar Ravioli, celery w/ peanut butter+ raisins Meat crumbles+ cheese on instant potatoes, pudding	Oatmeal w/ milk, raisins+ brown sugar Ramen+ canned chicken French toast topped w/ canned fruit
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Week 2

Cereal w/ milk, fruit Eggs+toast Pasta w/ tomato sauce +meat crumbles	Oatmeal w/ milk, raisins+brown sugar Leftover pasta, carrots+celery Corn cakes w/ beans, cheese+ salsa	Bananas rolled in peanut butter+cereal Soup+crackers Cheeseburgers, carrots+celery	Oatmeal w/ milk, raisins+brown sugar Peanut butter+ jelly sandwich, yogurt Greens+beans w/ marinara	Cereal w/ milk, fruit Grilled cheese sandwich, fruit Eggs+toast	Toast w/ peanut butter, yogurt Soup, baking mix biscuits Creamy parmesan noodles w/ canned chicken, carrots+celery	Baking mix pancakes w/ syrup, fruit Beans+rice w/ taco seasoning or salsa Mac+cheese, vegetable, Jello
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Week 3

Cereal w/ milk, fruit Peanut butter+ jelly sandwich, carrots+celery Unfried chicken, veggies, baked potato	Toast w/ jelly, yogurt Hard boiled eggs, celery w/ peanut butter+ raisins Baking mix pancakes w/ syrup, fruit	Eggs+toast Soup+crackers Rice w/ tuna, vegetables+ cheese	Oatmeal w/ milk, raisins+brown sugar Peanut butter+ jelly sandwich, fruit Omelets w/ cheese+ tomato sauce	Cereal w/ milk, fruit Tuna sandwich, carrots+celery Corn cakes w/ beans, cheese+tomato sauce	Oatmeal w/ milk, raisins+brown sugar Soup+crackers French toast topped w/ canned fruit	Cereal w/ milk, fruit Grilled cheese sandwich, canned veggies Pasta w/ tomato sauce+ parmesan
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Week 4

Cereal w/ milk, fruit Peanut butter+ jelly sandwich, carrots+ celery Huevos Rancheros	Toast w/ peanut butter, yogurt Leftover tortillas w/ cheese+salsa Beef stew w/ dumplings	Eggs+toast Leftover beef stew, fruit Rice w/ tuna, vegetables+ cheese	Oatmeal w/ milk, raisins+brown sugar Peanut butter+ jelly sandwich, carrots+celery Diced onions+ sweet potatoes scrambled w/ eggs	Cereal w/ milk, fruit Grilled cheese sandwiches Corn cakes w/ butter+syrup, vegetables	Oatmeal w/ milk, raisins+brown sugar Soup+baking mix biscuits Ramen w/ canned chicken	Cereal w/ milk, fruit Ravioli, celery sticks w/ peanut butter+raisins Meat crumbles+ cheese on instant potatoes
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Four-week Meal Plan

* based on a \$200/month grocery budget

Pantry List *

Week 1

Backpack	Pantry
Soup	Corn
Cereal	Beans
Ravioli	Bread
Ramen	Yogurt
Pudding	Onions
Canned fruit	Beef stew
Canned chicken	Baking mix
Shelf-stable milk	Tomato sauce
	Meat crumbles
	Instant potatoes

Week 2

Backpack	Pantry
Jello	Cereal
Soup	Bread
Syrup	Yogurt
Baking mix	Potatoes
Mac+cheese	Pinto beans
Canned chicken	Ground beef
Canned veggies	Tomato sauce
Creamy parmesan noodles	Meat crumbles

Week 3

Backpack	Pantry
Noodles	Beans
Crackers	Bread
Oatmeal	Cereal
Pasta sauce	Yogurt
Canned fruit	Potatoes
Peanut butter	Tomato sauce
Shelf-stable milk	Chicken pieces
	Canned veggies

Week 4

Backpack	Pantry
Soup	Beans
Cereal	Cereal
Ramen	Bread
Ravioli	Yogurt
Pudding	Canned corn
Canned fruit	Meat crumbles
Canned chicken	Instant potatoes
Shelf-stable milk	

Weeks 1+2 Recipes

Beef Stew and Dumplings

Put 2 cans of beef stew into a saucepan. Add 1 bunch chopped and steamed greens and 1 (8 oz) can corn, drained. Heat until boiling. While the stew heats, stir 2 cups of baking mix with 2/3 cup milk until a soft dough forms. Drop by spoonfuls into boiling stew. Reduce heat, and cook uncovered for 10 minutes. Cover saucepan, and cook 10 more minutes.

Corn Cakes

Mix 2 cups cornmeal with 1 teaspoon salt. Pour 2 cups of boiling water over the cornmeal and stir. Heat 2-4 tablespoons of oil in a large skillet over medium-high heat. Divide cornmeal mixture into 1/4-cup patties and fry until golden brown.

Greens and Beans with Marinara

In a saucepan over medium heat, heat 1 tablespoon oil. Add 3 cloves garlic (minced) and stir until golden. Add 2-3 cups seasoned spaghetti sauce, 1 can pinto beans (rinsed and drained), and 3 cups coarsely chopped greens. Cook until greens are tender. Season to taste. Serve over rice, and top with parmesan cheese.

These recipes are listed in bold in the four-week meal plan on the other side.

Weeks 3+4 Recipes

Unfried Chicken

Take 6 chicken pieces (breasts, thighs, and/or legs), wash in cold water, remove skin and fat, and pat dry with a paper towel. Dip in milk, then roll in dried bread crumbs or cracker crumbs. Season to taste. Place in a greased pan, and bake at 350 degrees for 1 hour.

Huevos Rancheros

In a medium skillet, mix 1 can pinto beans (rinsed and drained), 1 1/4 cups salsa, and 1/4 cup water. Heat to boiling, stirring frequently. In a greased frying pan, fry 4 eggs to desired doneness. Top eggs with bean mixture. Sprinkle with shredded cheese, and serve with warm flour tortillas.

Four-week Meal Plan

Need help planning a month of budget friendly meals?

This plan includes grocery and pantry lists as well as simple recipes to help you get started. We encourage you to adapt this plan to meet your family's needs and diet.



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Food Finders Food Bank, Inc.

<http://www.foodfinders.org>

Week 1 Recipe

Two-bean Chicken Chili

Ingredients

- 1.5 cups celery, chopped
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 2 (15 oz) cans chicken, drained and flaked
- 2 (14.5 oz) cans chicken broth or 6 cups water and 6 chicken bouillon cubes
- 2 (15.5 oz) cans great northern beans, rinsed and drained
- 2 (15 oz) cans black-eyed peas, rinsed and drained
- 1 (11 oz) can corn
- 1 (4.5 oz) can green chilies

Preparation

Heat 2 tablespoons oil in a large saucepan. Brown celery, onion, and garlic in the oil. Add chicken and mix well. Cook 5 to 6 minutes, stirring frequently. Add broth, beans, peas, corn, and chilies. Mix well. Bring to a boil. Reduce heat, and simmer 25-30 minutes. Stir occasionally.

* includes items typically found in the Food Finders Backpack Program