

7-Day Healthy Family Menu (Under \$50)

For 2 adults + 3 kids — Affordable, filling, and nutritious meals

Breakfasts (rotate through the week):

- 1 Oatmeal with banana or peanut butter (add cinnamon or honey if you have it)
- 2 Scrambled eggs + toast
- 3 Yogurt with frozen fruit + oats
- 4 Pancakes or waffles (homemade or from mix) + fruit

Lunches:

- 1 Mon: Tuna or egg salad sandwiches + carrot sticks
- 2 Tue: Rice & beans with salsa and cheese
- 3 Wed: PB&J; sandwiches + apple slices
- 4 Thu: Leftover pasta + cucumbers
- 5 Fri: Chicken quesadillas or wraps
- 6 Sat: Baked potatoes with broccoli & cheese
- 7 Sun: Veggie fried rice with scrambled eggs

Dinners:

- 1 Mon: Spaghetti with marinara & side salad
- 2 Tue: Chicken drumsticks, roasted potatoes, green beans
- 3 Wed: Bean chili (beans, diced tomatoes, onion, corn)
- 4 Thu: Chicken stir-fry (frozen veggies + rice)
- 5 Fri: Tacos (ground turkey or beans, lettuce, cheese)
- 6 Sat: Baked mac & cheese + peas
- 7 Sun: Breakfast-for-dinner (eggs, pancakes, fruit)

Shopping List (Approx. \$50):

- 1 Oats (1 lb) – \$2
- 2 Rice (5 lb) – \$3
- 3 Pasta (2 lb) – \$2
- 4 Bread (2 loaves) – \$3
- 5 Pancake mix or flour/baking powder – \$2
- 6 Potatoes (5 lb) – \$3
- 7 Eggs (2 dozen) – \$4
- 8 Chicken drumsticks or thighs (4–5 lb) – \$6
- 9 Tuna (4 cans) – \$3
- 10 Peanut butter (16 oz) – \$2
- 11 Black beans or pinto beans (4 cans or dry) – \$3
- 12 Shredded cheese (16 oz) – \$3
- 13 Bananas (2 bunches) – \$3
- 14 Carrots (2 lb) – \$2

- 15 Onions (3 lb) – \$2
- 16 Frozen mixed vegetables (2 bags) – \$3
- 17 Apples (3 lb bag) – \$3
- 18 Lettuce or spinach (1 bag) – \$2
- 19 Broccoli (1 head or frozen) – \$2
- 20 Canned diced tomatoes (2 cans) – \$2
- 21 Salsa – \$2
- 22 Yogurt (quart) – \$3
- 23 Milk (1 gallon) – \$3

Estimated Total: \$49–\$51

■ *Tips: Use dry beans, cook extra rice, buy frozen veggies, and repurpose leftovers!*