

## Healthy Budget Menu #1 – Planning/Shopping List

Check your pantry for these items or add them to your online shopping cart.  
Choose organic or natural in whatever brands are available to you.

### MONDAY

Applegate Organics Chicken Strips \$6.98/8 oz. (about 8 strips)

Farmers Market White Acre Peas (or other peas from bargain bin at Farmer's Market) \$ .99

Hoe Cakes – Pantry: Corn meal, All Purpose Flour, 2 eggs, sugar, vegetable oil // Purchase: SACO Buttermilk 12 oz. (powdered buttermilk) \$4.48

<https://www.gritsandpinecones.com/hoecakes-aka-cornmeal-pancakes/>

### TUESDAY

Quiche – Pantry: 6 eggs, milk // Purchase: Heavy Cream \$1.60, Rolled Dough Pie Crusts \$1.52, Organic Shredded Sharp Cheddar Cheese 6 oz. \$2.37

Blueberry Muffins - Pantry: All Purpose Flour, sugar, baking powder, salt, milk, 2 eggs, vanilla extract, butter (1/2 cup) Purchase: Farmer's Market blueberries (2 cups or less is fine) \$1.99

<https://thesaltymarshmallow.com/easy-blueberry-muffins/>

### WEDNESDAY

Homemade Vegetable Soup (Crockpot) – Pantry: Olive oil, chopped onions, Italian Seasoning, pepper, potatoes // Purchase: Celery (optional), Imagine Organic Vegetable Broth \$2.98, Muir Glen Organic Diced Tomatoes (28 oz can) \$2.43

<https://www.marthastewart.com/318100/big-batch-vegetable-soup>

Grilled Cheese Sandwiches – Pantry: Butter // Purchase: Dave's Killer Bread Good Seed Organic Bread \$4.97, Organic Sharp cheddar cheese block (6 oz.) \$2.37

### THURSDAY

Hot dogs – Pantry: Ketchup, Mustard, Onions // Purchase: Oscar Meyer Selects Natural Angus Beef Hot Dogs \$4.48, Lightlife Smart Dogs (Veggie Dogs) \$3.29, Martin's Potato Rolls \$3.34

Chips – Purchase: Frito Lay Mix Baked Variety 18 Ct. Multipack (will use on Saturday and for lunches) \$6.98

Smores – Purchase: Honey Maid Graham Crackers \$3.38, Marshmallows \$1.48, Hershey's Chocolate Bars \$3.48

## **FRIDAY**

Homemade Pizza – Pantry: All Purpose Flour, Baking powder, salt, sugar, Olive Oil, yeast, garlic powder (optional)//Purchase: Ragu Simply Traditional Pasta Sauce, Organic Shredded Sharp Cheddar Cheese 6 oz. \$2.37

<https://sugarspunrun.com/the-best-pizza-dough-recipe/>

Salad – Purchase: Marketside Organic Spring Mix Salad \$2.56, Farmer's Market tomatoes \$2.99, Farmer's Market Cucumber \$.99, Farmer's Market Carrots \$1.99, Farmer's Market Green Pepper/Red Pepper \$2.00. Tessemae's Organic No Sugar Added Classic Italian Dressing \$3.97

## **SATURDAY**

Barbeque Sandwiches – Purchase: Boston Butt, Trader Joes BBQ Rub, Colgin Natural Mesquite Liquid Smoke \$1.34, Bad Byrons Butt Rub \$3.28, Smithfield All Natural Fresh Pork Butt (4 lb) \$10.64, Buns (Martin's Potato Rolls \$3.34)

Sauce for Sandwiches (optional) – Pantry: Ketchup, Mustard, Mayonnaise (Better Body Foods Avocado Oil Mayo \$5.95), Celery Seeds

<https://www.youtube.com/watch?v=3Qlq6C-JeFQ&list=PLpOspYGWAQhIGEuZkOupBRE6FHLNczwFn&index=2>

Baked Chips- Baked Lays Chips (see Thursday)

Pickle spear – Purchase: Vlasic Kosher Dill Spears \$1.98

## **SUNDAY**

Crockpot lemon pepper chicken – Pantry: Lemon Pepper Seasoning//Purchase: Sanderson Farms Thin Boneless Chicken Breasts (4) \$4.06

Farmer's Market Green Beans \$1.99

Biscuits – Pantry: Flour, Baking Powder, Salt, Sugar, Milk, Butter

<https://www.pauladeen.com/recipe/southern-biscuits/>