

# Weeknight Meal Plan

5 Meals for Under \$50

## GROCERY LIST

### Produce

- 1 bunch cilantro
- 2 bulbs fresh garlic
- 3 bell peppers, any color
- 1 fresh lime
- 1 red onion
- 1 yellow onion
- large crown fresh broccoli
- 12 oz. bag fresh green beans
- 2 pounds red potatoes
- 2 large whole carrots
- 3 celery stalks

### Meat

- 2 lbs. chicken breast tenderloins
- 1 1/2 lbs. chicken thighs
- 1.5 lbs. chicken breasts
- 14 oz. smoked sausage
- 32 oz. frozen pre-cooked meatballs

### Refrigerated

- 2 eggs
- 3 tablespoons butter

### Spices

- salt & pepper
- garlic powder
- paprika
- chili powder
- oregano
- ground cumin
- cajun seasoning blend
- Everything Bagel seasoning

### Canned Goods & Pantry

- 8 oz. panko style breadcrumbs
- coconut oil spray
- 14.5 oz can chicken broth
- 1 bag white rice
- 14 oz. can cranberry sauce
- 12 oz. chili sauce
- 2- 14.5 oz cans diced tomatoes
- 4 oz. can green chiles
- 15.5 oz. can black beans
- 11 oz. can sweet corn
- onion soup mix envelope
- olive oil
- flour tortillas