

GRANNY'S KICKSTARTER MEAL PLAN

Breakfast

Old-Fashioned Breakfast
2 Eggs, Bacon and Toast \$1.50 - 2.25

Oatmeal

Served with plenty of butter. Add Maple Syrup
or Honey as desired. 40¢ - 60¢

Pancakes

Served with plenty of butter Add Maple Syrup
or Honey as desired. \$1 - 1.50

French Toast

Served with plenty of butter Add Maple Syrup
or Honey as desired. \$1 - 1.50

Lunch

Sandwich

Made with wholesome bread, good quality
cheese, lunch meat, mayonnaise and mustard.
Optional lettuce, tomato or avocado. Serve with
fruit. \$2 - 2.50

Peanut Butter and Banana or Jelly Sandwich

Tried and True. 75¢ - \$1.00

Leftovers from Dinner

Make dinner right and you'll have leftovers for
a few lunches. Great lunch, zero cooking. \$1-6

Snacks & Desserts

Fresh Fruit served with Cream • Cheese

Homemade Brownies • Ice Cream

Snickerdoodles • Baked Apples • Popcorn

Raisins • Nuts

Drinks

Coffee 40¢ • Milk 60¢ • Juice \$1.25

Hot Chocolate 60¢ • Beer \$1 - 2 • Wine \$1 - 2

Water is Free

Dinners

Monday

Slow Cooker Red Beans and Rice

Buttered Vegetable of your choice
\$1.50 - 2.25

Tuesday

Potato Soup

Sandwich
Sliced Tomatoes
\$4 - 6

Wednesday

Fried Ham

Mashed Potatoes

Buttered Vegetable of your choice
\$2.25 - 4.25

Thursday

Chicken Nuggets

Mac -n- Cheese

Buttered Vegetable of your choice
\$3 - 4.50

Friday

Easy Pizza Rollups

\$2.25 - 3

Saturday

Hamburgers

Baked Potatoes

Sliced Tomatoes

\$2 - 3.50

Sunday

Chicken and Dumplings

Buttered Vegetable of your choice
\$2.25 - 5.75

GROCERY LIST

	OKAY	GOOD	BEST
Dairy			
2 1/2 Dozen Eggs	\$6.70	\$10.87	8.75
1 Pint Yogurt	\$3.66	\$3.58	\$3.50
2 Gallons Milk	\$12.76	\$17.96	\$24.00
3 lbs Butter	\$8.94	\$17.94	\$21.45
2 1/2 lbs Cheddar Cheese	\$8.44	\$5.99	\$12.00
1 Pint Heavy Whipping Cream	\$3.26	\$1.90	\$3.75
Produce			
1 Qt Berries	\$2.29	\$5.09	\$7.89
1 Bunch Bananas	\$2.10	\$2.10	\$2.10
14 Apples	\$11.20	\$15.05	\$18.90
1 Lemon	\$0.70	\$1.33	\$1.96
4 Onions	\$2.60	\$2.60	\$2.60
2 Green Bell Peppers	\$1.68	\$1.44	\$1.20
1 Bunch Celery	\$2.89	\$3.49	\$4.10
1 Garlic	\$0.47	\$0.51	\$0.56
10 lb Potatoes	\$7.00	\$10.70	\$14.40
2.5 lb Carrots	\$3.40	\$3.40	\$3.40
4 Tomatoes	\$1.60	\$2.40	\$3.20
4 Meals Misc Veg (avg cost)	\$5.92	\$8.54	\$11.16
Optional: Lettuce or Avocado			
Misc			
3 Loaves of Bread	\$8.94	14.97	\$14.97
1/3 lb Rolled Oats	\$0.58	\$0.65	\$0.72
1/2 lb Pastry Flour	\$0.80	\$1.30	\$1.81
1/4 lb Nuts	\$0.82	\$1.01	\$1.20
2 lb Unbleached White Flour	\$2.64	\$2.72	\$2.80

	OKAY	GOOD	BEST
1 1/4 lb Cane Sugar	\$0.63	\$0.94	\$1.24
1 lb Dried Red Beans	\$1.93	\$2.41	\$2.89
1/2 lb Rice	\$0.70	\$0.95	\$1.20
1 10 pack Tortillas	\$1.32	\$1.65	\$1.98
1 15oz Can Tomato Sauce	\$0.85	\$0.74	\$0.63
1 8 pack Hamburger Buns	\$2.53	\$3.68	\$4.83
Meat			
1 lb Bacon	\$5.25	\$9.32	\$7.26
1 1/4 lb Lunch Meat	\$9.96	\$12.24	\$13.63
2 lb Ground Beef	\$8.98	\$11.89	\$13.98
1 lb Thick Cut Ham	\$4.35	\$7.80	\$6.89
1 Whole Chicken	\$5.48	\$17.88	\$21.00
1 lb Sausage	\$3.68	\$3.98	\$4.29
1 lb Chicken Breasts	\$4.25	\$5.47	\$5.47
1/4 lb Pepperoni	\$2.00	\$2.00	\$2.00
Beverages			
1/2 lb Coffee **	\$3.92	\$5.29	\$6.66
16 ct Tea Bags **	\$1.21	\$3.20	\$5.29
1 Qt Juice **	\$1.32	\$2.95	\$4.58
Basic Weekly Grocery Total for 4 People	\$157.75	\$227.93	\$270.24
<i>Pantry Item Replenishment Average Cost</i>	\$9.92	\$9.92	\$9.92
<i>Cost per Person per Meal</i>	\$5.99	\$8.49	\$10.01

** *Optional*

Pantry Items - Replenish as Needed

(Note: There can be a HUGE variation in the price of spices. I'd strongly recommend buying from the bulk aisle of your grocery. You can buy in smaller quantities for better prices than the average prices shown here)

	AVG COST		AVG COST
Catsup	\$3.68	Cream of Tartar	\$3.98
Mustard	\$0.79	Vanilla Extract	\$4.83
Mayo	\$8.46	Ground Ginger	\$3.01
Salt	\$2.29	Nutmeg	\$3.62
Pepper	\$4.19	Bay Leaves	\$3.62
Cinnamon	\$3.70	Cayenne	\$3.62
Baking Soda	\$0.96	Potato Starch	\$5.80
Baking Powder	\$2.29	Garlic Granules	\$3.49
Maple Syrup or Honey	\$12.99	Onion Granules	\$4.83
Coconut Oil	\$7.37	Basil	\$3.79
Apple Cider Vinegar	\$5.79	Oregano	\$3.62
Pickle Slices **	\$5.99	Jelly	\$3.83
Raisins **	\$4.59	Peanut Butter	\$3.62
Popcorn **	\$1.29	Cocoa	\$2.98
		Cost to Stock from Scratch	\$119.02
		<i>Estimated Weekly Replenishment Cost</i>	\$9.92

** *Optional*

How to Use This Meal Plan and Grocery List

Think of this meal plan as a sort of anti-meal plan. **Truth is, I'm not a huge fan of meal plans.** I think they set people up for failure, a lot like strict budgets or calorie counting diets do.

So, why did I make this meal plan? I think they do have their place in helping to get the ball rolling for people completely new to cooking all the time. That is, **as long as the meal plan is not taken as law but instead as a suggestion** with some costs to help support good decision making. You may find it helpful to show the meal costs to your spouse if the grocery bill is a sore point.

First let's cover **what this meal plan and grocery list isn't:**

- A list of exactly what to make when.
- A grocery list showing the rock bottom cheapest real food. With a little work you can get lower prices than what I show here for all ranges of quality.

Instead think of this meal plan as a way to organize your options. When you shop you choose a) what meals to

serve and b) the quality of the ingredients in those meals. You make those choices based on your families needs and what you can afford to do.

The first time you use it though it's best to follow these steps.

That'll get things going! Then you can adjust it to fit your family better.

- 1) Review the shopping list. All of the things you'll be buying have prices for okay, good, and best versions. [Review my ingredients guides](#) to help you decide what level of quality you can best afford. **This list provides enough food for a family of 4.**
- 2) Take stock of what you have on hand already and remove these items from the list for this week.
- 3) Order or go out and pickup the items on both the grocery and pantry list. You will need to build up a pantry so the first time out will be more expensive.
- 4) Now, with a stocked pantry for the week you can simply choose options for each meal from the menu, restaurant style. Of course, you as the cook choose the meal but your family can have some input into what they feel like having each day. Or you can follow the suggested days.