

Meal Plan and List for August 3

Dinners

Crockpot pork loin, roasted potatoes, salad
Sunday sandwiches/clean out fridge dinner (kids will eat leftover pizza from Friday night)
Pork tacos (using leftover BBQ pork), black beans, spinach slaw
Grilled chicken, crockpot "baked" sweet potatoes, roasted broccoli
Cold oven salmon, instant pot brown rice, green beans
Pasta with leftover grilled chicken, Salad
Friday homemade pizza night! Salad or veggie tray, fruit

For lunches,

Sandwiches or wraps (lunch meat, cheese, peanut butter)
Salads with protein (I pick which protein for the salads based on the sale - today ground turkey)
I'm also going to prep a big bowl of tuna salad (you could do chicken or forego/swap)
Fruit (grapes & watermelon on sale)

Breakfasts

Homemade sausage/egg/cheese/spinach casserole
Breakfast sandwich (we often use a tortilla but I also snagged mini croissants on sale)
Smoothies
Overnight oats with yogurt
Mini bagels with cucumber/tomato on top!

Snacks

Apples with cheese and nut thin crackers
Carrots and cucumbers with hummus
Smoothie or yogurt/cottage cheese bowls
Grapes and mixed nuts

Two *fun snacks* for lunchbox treats (this week it's white cheezits & chips ahoy ;))

Grocery List Here's what I bought at the store (Food Lion, specifically) spending \$132 before digital coupons (so adjust this number based on if you're shopping at a higher-end store, buying organic, etc) We also don't have to buy eggs, so account for that!

Two bagged salads

Bag of spinach (for "fluffing up" salads and adding to smoothies and eggs)
Slaw mix (half for taco night, other half to add to lunch salads)
Seedless watermelon (easy snacking!)
Bag of apples
Blueberries
Bananas
Grapes
Cucumbers
Carrots
Mini peppers
Fresh green beans
Small bag of potatoes (reds were on sale)
Sweet potatoes (three medium-ish)

Dairy Section (Hold on to your hats. My husband and kids are the descendants of a wonderful dairyman and it shows)

Cottage cheese (big tub- for snacks and breakfast eggs)
Big block of white cheddar for cutting into cubes/slices for snacking
Sliced cheese for wraps/sandwiches/grilled cheese
Shredded cheddar-jack for breakfast casserole and taco night
Shredded Italian blend for pasta and pizza night
Butter
Half and half
Greek yogurt (tub of plain is way more versatile - sweet snack or adding to pasta)
*Eggs if you need them
Also oat milk for smoothies and my coffees

Meat (*Big key here - buy what's on SALE based on YOUR store)

Pork loin (approx 3lb @ 1.99/lb)
Chicken breasts (approx 3lb @ 2.59/lb)
Sliced turkey (approx ½ lb)
Italian sausage (on sale - buy regular or chicken when they're on sale)
Salmon (I actually bought frozen this time because haven't been super impressed with the fresh for what it's costing)
Ground turkey (1lb @ 3.99)

Pantry

Bread
Mini bagels (super cheap on BOGO)
Mini croissants for a fun breakfast sammie option
Pasta of choice
Tortillas for lunches and taco night
Four cans tuna of choice (or chicken) for lunches
Canned black beans
Tortilla chips
Nut thins crackers
(*Crunchy sisters avert your eyes*) Cheez its and chips ahoy on BOGO for adding a fun option to kiddos lunches (I always pick a salty and sweet based on what's on special)
Olive oil (just needed- plus am making homemade pasta and pizza sauce, but sub this for a jar of sauce if you need for pasta/pizza night)
**I already had salsa for taco night, brown rice, as well as salad dressings! Add if needed!

Frozen

Big bag of broccoli florets