

Spring Meal Plan—A week of suppers for under \$75

Monday-Grilled chicken, roasted potatoes, green beans

Tuesday-Grilled chicken over a salad, garlic bread

Wednesday-Pepperoni pasta salad, sliced apples

Thursday-Chicken salad, crackers, veggies and simple onion dip

Friday-Pepperoni pizza, side salad

Saturday-Meatball subs, chips, sliced apples

Sunday-Sausage & Vegetable Sheet Pan Supper

The Recipes

Monday-Grilled chicken, roasted potatoes, green beans

FOR THE CHICKEN:

Marinade

- 1/2 cup vegetable oil
- 1/2 cup reduced-sodium soy sauce
- 3 Tablespoons dried parsley
- 2 teaspoons garlic powder
- 2 teaspoons dried oregano
- 2 teaspoons dried rosemary, crushed to release the flavor
- 2 teaspoons rubbed sage
- 1 teaspoon dried thyme
- 1 teaspoon black pepper

Chicken

- 4 pounds chicken (Feel free to use whatever chicken pieces you like. We prefer boneless, skinless chicken breasts)

INSTRUCTIONS

Whisk the marinade ingredients together. Place chicken in a baking dish or storage bag and pour marinade over the chicken. Refrigerate at least 6 hours, but overnight is even better. Grill chicken until juices run clear. (If you don't grill, bake the chicken in the oven until done.)

Divide chicken into 3 portions. Serve one portion tonight. Save the other two for Tuesday and Thursday nights.

FOR THE ROASTED POTATOES:

- 2 lbs red potatoes
- 2 Tablespoons vegetable oil
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon black pepper

INSTRUCTIONS

Cut potatoes into 1 inch cubes. Toss with remaining ingredients. Spread on a baking sheet and bake at 450 for 20 minutes or until tender.

Serve with green beans.

Tuesday-Grilled Chicken over a salad, garlic bread

2-3 leftover chicken breasts from Monday
lettuce
cucumber, sliced or chopped
baby carrots, chopped
grape tomatoes (save some for tomorrow's pasta salad)
cheddar cheese
purchased salad dressing of your choice
garlic bread

Slice chicken. Prepare salad and top with chicken.

Save some lettuce for tomorrow's pasta salad and enough lettuce, cucumber, carrot, and salad dressing for side salads to accompany Friday night's pizza.

Wednesday-Pepperoni pasta salad, sliced apples

1 lb. package of pasta (I like bowties, but use whatever you prefer)
15 oz. can chickpeas
4 oz. package of turkey pepperoni
4 oz. shredded mozzarella cheese (save the rest of the bag for Saturday night)
grape tomatoes, halved (left from Tuesday's salad)
1/2 chopped red onion, save the other 1/2 for Thursday
1/2 cup chopped red, green, or yellow bell pepper (save remaining peppers for Thursday and Sunday)
1 bottle Italian dressing
2-3 cups chopped lettuce

INSTRUCTIONS

Cook pasta according to package directions. While pasta is cooking, chop onion and pepper. Drain chickpeas and rinse well. Chop pepperoni into smaller pieces if desired. Once pasta is done, drain and rinse under cold water. Drain thoroughly.

Mix all ingredients together. If you don't think you will eat all the pasta salad tonight, only add lettuce to the part you are eating tonight. This pasta salad (minus the lettuce) keeps well in the refrigerator for several days and makes great lunches. Serve with sliced apples.

Thursday-Chicken salad, crackers, veggies and simple onion dip

For the chicken salad:

Chop the chicken into small pieces. (Or use a food processor.) Chop the remaining 1/2 of the red onion from Wednesday. Stir in a spoonful of mayo, a dollop of mustard, a couple pinches of onion powder, and some salt and pepper.

For the simple onion dip:

- 1 cup sour cream
- 1 1/2 T. dried, minced onion
- 1 t. parsley
- 1/4 t. black pepper
- 1/2 t. salt
- 1/4 t. onion powder

Mix all ingredients together. Let stand one hour to blend flavors. Serve with bell peppers, baby carrots, and any leftover cucumber from Tuesday.

Friday-Pepperoni Pizza, side salad

remaining portion of leftover chicken from Monday
2 pizza crusts
1/2 jar spaghetti sauce, save rest of jar for Saturday
1 bag (16 oz.) shredded mozzarella cheese
1 red onion, thinly sliced
1 (4 oz.) package turkey pepperoni

Top pizza crusts with spaghetti sauce, then pepperoni, then cheese, and finally onion. Bake pizzas according to package directions. Serve with a small side salad (using leftover ingredients from Tuesday).

Saturday-Meatball subs, chips, sliced apples

1 bag of frozen meatballs
remaining spaghetti sauce from Friday
1 pkg. hoagie rolls
remaining mozzarella cheese from Wednesday

Heat meatballs with spaghetti sauce on the stove, in the oven, or even in the slow cooker. Top rolls with meatballs and remaining mozzarella cheese.

Serve with chips and sliced apples.

Sunday- Sausage & Vegetable Sheet Pan Supper

1 pkg. smoked turkey sausage, sliced
1 onion, chopped in wedges from Wednesday
1 bell pepper, chopped in 1" pieces
3-4 red potatoes, cut in 1" cubes
1/4 c. oil
1/2 t. garlic powder
1 T. oregano
1 T. dried parsley
1/4 t. salt
1/4 t. black pepper

Place the sausage and all the vegetables on a large sheet pan. Drizzle with the oil. Sprinkle the spices over all. Toss to combine. Roast in a 400° oven for 15 minutes. Stir. Return to the oven and roast for 10-15 more minutes until potatoes are tender. Serve.

The cost breakdown: Remember, this list includes **everything** you need except salt, pepper, and oil.

The weekly total works out to **\$70.70 plus sales tax**. If you already have a well stocked spice cabinet, you can easily shave another \$8.00 off this plan.

Monday-Grilled chicken, roasted potatoes, green beans

4 lbs chicken \$12.00
reduced-sodium soy sauce \$1.49
dried parsley \$0.99
garlic powder \$0.99
dried oregano \$0.99
dried rosemary \$0.99
rubbed sage \$0.99
thyme \$0.99

2 lbs red potatoes \$2.49
2 cans green beans \$0.76

Monday's total: 22.68

Tuesday-Grilled Chicken over a salad, garlic bread

2-3 leftover chicken breasts (Monday)
2 heads of lettuce \$1.70
cucumber, sliced or chopped \$0.85
baby carrots, chopped \$0.85
grape tomatoes \$1.49
cheddar cheese \$1.89
purchased salad dressing of your choice \$1.29
garlic bread \$1.99

Tuesday's total: 10.06

Wednesday-Pepperoni pasta salad, sliced apples

1 lb. package of pasta (I like bowties, but use whatever you prefer) \$0.99
15 oz. can chickpeas \$0.55
4 oz. package of turkey pepperoni \$2.19
4 oz. shredded mozzarella cheese \$1.89
grape tomatoes, halved (Tuesday)
red onion \$1.15
red, green, & yellow bell pepper \$2.49
1 bottle Italian dressing \$1.29
2-3 cups chopped lettuce (Tuesday)
sliced apples \$3.29

Wednesday's total: 13.84

Thursday-Chicken salad, crackers, veggies and simple onion dip

leftover chicken (Monday)
mayonnaise \$1.89
mustard \$0.89
red onion (Wednesday)
crackers (I used wheat thins) \$0.99
sour cream \$0.95
onion powder \$0.99
dried minced onion \$0.99

Thursday's total: 6.70

Friday-Pepperoni pizza, side salad

package of premade pizza crusts 2.99
1 (4 oz.) pkg turkey pepperoni \$2.19
large jar of spaghetti sauce \$0.99
mozzarella cheese 1.89
onion (Wednesday)
lettuce (Tuesday)
cucumber (Tuesday)
baby carrots (Tuesday)

Friday's total: 8.06

Saturday-Meatball subs, chips, fruit

1 bag of frozen meatballs \$4.39
remaining spaghetti sauce (Friday)
1 pkg. hoagie rolls \$1.89
remaining mozzarella cheese (Wednesday)
1 bag chips \$1.09
apples (Wednesday)

Saturday's total: 7.37

Sunday-Sausage & Vegetable Sheet Pan Supper

1 pkg. smoked turkey sausage \$1.99
onion (Wednesday)
bell pepper (Wednesday)
3-4 red potatoes (Monday)
garlic powder (Monday)
oregano (Monday)
dried parsley (Monday)

Sunday's total: 1.99

Grocery List

Produce

1 bag red potatoes
2 heads lettuce
cucumber
baby carrots
grape tomatoes
bag of red onions
pack of 3 bell peppers
bag of apples

Meat

4 lbs chicken
2 pkgs. turkey pepperoni
bag of frozen meatballs
1 pkg. smoked turkey sausage

Dairy

cheddar cheese
2 bags mozzarella cheese
sour cream

Canned Goods

2 can green beans
chickpeas

Condiments

reduced-sodium soy sauce
salad dressing of your choice
Italian salad dressing
mayonnaise
mustard
large jar of spaghetti sauce

Baking

dried parsley
garlic powder
dried oregano
dried rosemary
rubbed sage
thyme
onion powder
dried minced onion

Other

1 box pasta
crackers
1 pkg. hoagie rolls
1 loaf garlic bread
bag of chips