

The \$50 Weekly Meal Plan

This \$50 weekly meal plan is designed to help you eat well without overspending. It builds on basic, affordable ingredients while adding more variety, protein, and balance. If you are trying to control your grocery spending while still enjoying real meals, this plan gives you structure and flexibility.

Shopping List (Estimated \$50 Budget)

- 1 Chicken thighs or drumsticks (3–4 lbs)
- 2 Ground beef or turkey (1 lb)
- 3 Eggs (1–2 dozen)
- 4 Rice (2–5 lb bag)
- 5 Pasta (2 boxes)
- 6 Bread
- 7 Peanut butter
- 8 Potatoes (5 lb bag)
- 9 Frozen vegetables (2–3 bags)
- 10 Canned beans (2–3 cans)
- 11 Pasta sauce
- 12 Shredded cheese
- 13 Onion and garlic (optional but recommended)

7-Day Meal Plan Overview

Meals are designed to be simple, repeatable, and efficient. Cook in batches and use leftovers to save time and money.

- 1 Day 1: Chicken, rice, and vegetables
- 2 Day 2: Leftover chicken bowls
- 3 Day 3: Pasta with meat sauce
- 4 Day 4: Egg and potato skillet
- 5 Day 5: Rice and beans with cheese
- 6 Day 6: Chicken and potato meal
- 7 Day 7: Leftover mix meal

Simple Recipes

Chicken and Rice Bowl: Cook rice. Season and bake or pan-cook chicken. Serve with vegetables.

Meat Pasta: Cook pasta. Brown meat, add sauce, combine.

Egg and Potato Skillet: Cook diced potatoes. Add eggs and scramble.

Rice and Beans: Combine cooked rice and heated beans. Add cheese if available.

Helpful Notes

- 1 Cook large portions to reduce daily cooking.
- 2 Use leftovers intentionally.
- 3 Season food to avoid boredom.
- 4 Store food properly to prevent waste.

Frequently Asked Questions

Can I swap ingredients? Yes. Use what is on sale or what you already have.

What if I run out of food? Focus on rice, potatoes, and eggs to stretch meals.

Is this healthy? It is balanced for a budget plan, but you can improve nutrition as your budget increases.