



# BUDGET-FRIENDLY CLEAN EATING MENU PLAN

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## GROCERY LIST

- Whole chicken
- Eggs
- Butter
- Apples or bananas
- Onions
- Potatoes
- Carrots
- Celery
- Lettuce
- Frozen broccoli
- Canned tomatoes
- Lentils
- Peanut butter
- Raisins
- Maple syrup or honey
- Oats
- Flour
- Barbecue sauce (homemade or store-bought)
- Salad Dressing (homemade or store-bought)

## BREAKFASTS

- Oatmeal
- Pancakes & Fruit
- Baked Oatmeal

## LUNCHES

- Peanut Butter Sandwiches
- Carrots
- Celery
- Apples
- Leftovers

## DINNERS

- Chicken, Potatoes, Salad
- Potato Peel Soup
- Lentil Soup
- Barbecue Potato Hash, Broccoli
- Tomato Soup
- Leftovers



## QUICK NOTES:

Thanks for downloading this menu plan! I'm Steph, from [CheapskateCook.com](https://cheapskatecook.com), where we empower you to save money and eat healthy through recipes, meal planning, cooking videos, and daily inspiration on Instagram.

When Chris and I were first married, we had \$25/week for food. All of it. Everything. This included eating out, but who are we kidding? We weren't eating out. I had grown up on a small farm, where we raised goats, chickens, sheep, and grew a huge organic garden every year. So I came into this new budget knowing the importance of good food. While I couldn't do everything I wanted to with \$25/week, I knew I could use that money to help us eat as clean as possible on a budget.

**We want to help you do the same thing.**

### HOW TO USE THIS MENU PLAN:

This plan assumes you have some basics, like spices, herbs, olive oil, baking powder, garlic powder, etc. When we were really broke, we replenished these slowly, buying only 1-2 of them per week as needed.

The highlighted portions of this menu plan are links to the suggested recipes for each meal, but feel free to make recipes that work for you!

We included a "Prepare" section on some of the days. These sections tell you what you can do that day to ensure you have good, budget-friendly food ready for tomorrow.



## BUDGET-FRIENDLY CLEAN EATING

This menu is meant to be super inexpensive. **It is survival-mode real food, for when you are dead broke but want to avoid processed food.** This means the menu plan is heavier on good carbs, like potatoes. If this is too carb-heavy for you, adjust it to your needs and budget. Use cauliflower instead of potatoes, replace peanut butter sandwiches with egg salad lettuce wraps. Use it for inspiration, then tweak it to your needs.

Some of the meals are repetitive. **This is because when you are in survival mode, you want to stretch your ingredients across as many meals as possible.** If it's too repetitive for you, switch the days around or make something else budget-friendly that night. Check the **More Meal Ideas** list below!

### DOES IT REALLY COST \$60?

For us, yes. The groceries for this meal plan cost about \$60. This list uses average prices from where I live when I price shop for good deals (without going too crazy). Keep in mind that food prices vary from region to region. The cost of this grocery list in Australia or Canada will be vastly different from the Midwest United States. Additionally, your costs will be different if you are a family of 4 with 2 teenagers or a family of 4 with 2 toddlers.



## ARE LENTILS BEANS?

Technically, both beans and lentils are in the legume family (so are peanuts, actually). However, lentils are not beans. They don't require any soaking ahead of time, and they don't cause the same digestive issues that accompany beans.

If you still prefer to avoid beans, substitute the lentil soup recipe with chicken noodle soup, chicken and rice soup, or veggie soup (we make [this recipe](#) and just increase the veggies and leave out the meat)!

## SNACKS

You may notice I didn't list snacks in the menu plan. In our house, the rule for snacks is simple. **If it is not mealtime, we can eat fruit, veggies, nuts, or raisins.** This encourages us to decide if we are actually hungry, and if we are, it's a budget-friendly real food snack.

## MORE MEAL IDEAS:

- [Greek Quinoa Bowl](#)
- [The Cheapest Macaroni & Cheese](#)
- [Sausage Beans & Rice](#)
- [Taco Lentils & Rice](#)
- [Turmeric-Spiced Chicken & Rice](#)



# DISCLAIMER:

The information found on this printable is for educational and inspirational purposes only. It does not provide medical advice. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your physician or other qualified health providers with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this menu plan.

Reliance on any information provided here is solely at your own risk. Any statements or claims about the possible health benefits conferred by any foods, supplements, or activities have not been evaluated by the Food & Drug Administration and are not intended to diagnose, treat, cure or prevent any disease.



# MAKE AHEAD

This is an optional step in case you want to bake your own bread for lunches. Not everyone loves baking, but it's one of the most budget-friendly ways to get good, clean, whole-food bread on your table.

You can use a bread machine, make it by hand - even use a slow cooker! My [Easiest Bread Ever is my go-to for first-time bread bakers](#).

If you're baking with whole wheat flour, I highly recommend my [Non-Crumbly Whole Wheat Sandwich Bread recipe](#). Our bread this week will primarily be for sandwiches, and a crumbly sandwich is really frustrating.

If baking bread isn't your thing, now's your time to make this menu plan work for you! Just buy your bread and call it good.

## PREPARE BEFORE DAY 1:

A day or two before starting this meal plan, start thawing your whole chicken. You will need it completely thawed for Day 1.



# DAY 1

## BREAKFAST:

Oatmeal

You can make it on the stovetop, overnight in your slow cooker, in your Instant Pot, or in the microwave. **Try this toasted oatmeal!** It's our favorite. Flavor it with butter and maple syrup, because maple syrup is generally accepted as a better-for-you sweetener.

## LUNCH:

Peanut Butter Sandwiches (use raisins or honey instead of jelly for a cleaner option!)

Apple

Carrots or celery

If your kids are in school and can't use peanut butter, try a "snacky lunch" (my kids' favorite) of homemade bread, sliced cheese, apples, and carrots. It's simple, and if you buy a block of cheese instead of cheese sticks or pre-sliced cheese, it's still very budget-friendly. You can also make your own almond or sunflower-seed butter. It's very inexpensive compared to buying it pre-made and takes just minutes to whip up in a food processor. We did this for years.



## DINNER:

Chicken  
Potatoes  
Salad

### Chicken

Cooking a whole chicken can be intimidating, but it isn't complicated. We're not talking about a Sunday Roast here. Instead, toss your chicken into the slow cooker.

- [Slow Cooker Whole Chicken](#)
- [Instant Pot Whole Chicken](#)

### Potatoes

Bake them, mash them, or make [Crispy Baked Home Fries!](#) Don't cook all of them. You will need them later this week. **And save your peels! They are for dinner tomorrow.**

- [Budget-Friendly Salad](#)
- [Blended Greek Dressing](#)

### Salad

Keep it simple and budget-friendly here. Maybe you already have your favorite dressing in your fridge. But if you're looking for real-food inspiration, check out our favorites below!

## PREPARE:

After dinner, take a few minutes to make some chicken broth, it's really, really simple. [Follow this 5-Minute Broth recipe](#) and decide which method works best for you. You will use this broth for 3 different meals this week, so split it into 3 containers when you are done.



# DAY 2

## BREAKFAST:

Pancakes  
Apples

### Pancakes

**This is our favorite pancake recipe.** You can use it with white flour or whole wheat flour. You can start it the night before or in the morning - make it work for you!

If you're rushed because it's a school morning, try making **sheet-pan pancakes!** Make a double batch or reserve leftovers for later this week.

## LUNCH:

Peanut Butter (& Raisin or Honey) Sandwiches  
Apple  
Carrots or celery (try celery with peanut butter and raisins!)

## DINNER:

### Potato Peel Soup

Don't knock it till you try it! **It's just like potato soup, but you use all those peels you accumulated while making dinner.** No waste, yummy dinner.



# DAY 3

## BREAKFAST:

### Baked Oatmeal

**This is our favorite recipe.** You can make it egg-free and stretch those eggs a little further this week, double it for breakfast later in the week, pack leftovers in lunch boxes, and flavor it many different ways. Do what works for you!

## LUNCH:

Peanut Butter (& Raisin or Honey) Sandwiches

Apple

Carrots or celery

Or leftover soup

## DINNER:

### Lentil Soup

Our favorite lentil soup recipe is in my cookbook, **Dinner for a Dollar**. If you don't have that, there are a ton of lentil veggie soup recipes online. Serve over rice.



# DAY 4

## BREAKFAST:

Pancakes

Apples

## LUNCH:

Peanut Butter (& Raisin or Honey) Sandwiches

Apple

Carrots and celery (try celery with peanut butter and raisins!)

Or leftover soup

## DINNER:

Barbecue Potato Hash

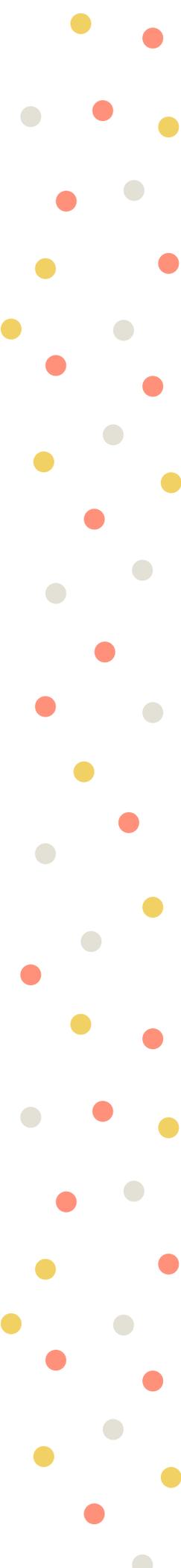
Steamed or Roasted Broccoli

### Barbecue Potato Hash

This is one of those dinners where you get creative using what you have. I'm going to give you some direction, but feel free to adjust it as you like, according to your tastes and desires. Make Crispy Baked Home Fries and toss some carrots in with the potatoes. Or use leftover potatoes from this week and steam some carrots. Pile them on your plate and top with leftover shredded chicken and barbecue sauce.

### Steamed or Roasted Broccoli

Serve on the side or piled with everything else.



## DAY 5

### BREAKFAST:

Oatmeal

### LUNCH:

Peanut Butter (& Raisin or Honey) Sandwiches

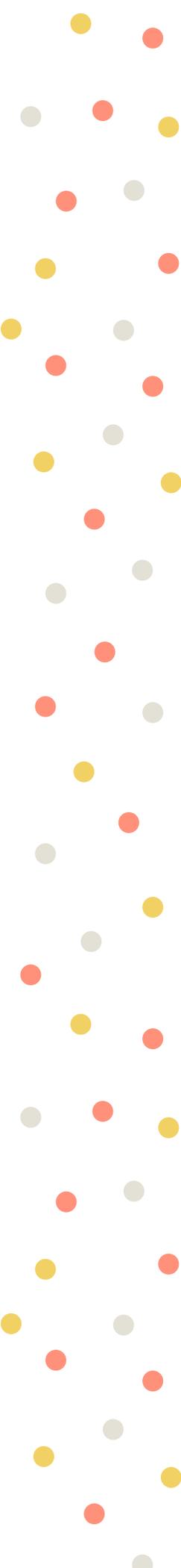
Apple

Carrots or celery

Or leftover soup

### DINNER:

Let's be honest. Most of us aren't cooking dinner from scratch every night of the week. We're tired, and we probably have little bits of food leftover from other meals. Use tonight to eat up some of those leftovers!



# DAY 6

## BREAKFAST:

Baked Oatmeal

## LUNCH:

Peanut Butter (& Raisin or Honey) Sandwiches

Apple

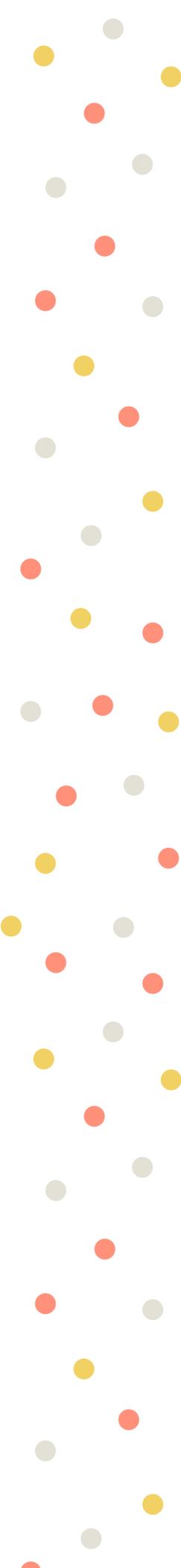
Carrots or celery

## DINNER:

**10-Min Tomato Soup**

Salad or steamed broccoli

Toast



# DAY 7

## **BREAKFAST:**

Oatmeal

## **LUNCH:**

Peanut Butter (& Raisin or Honey) Sandwiches

Apple

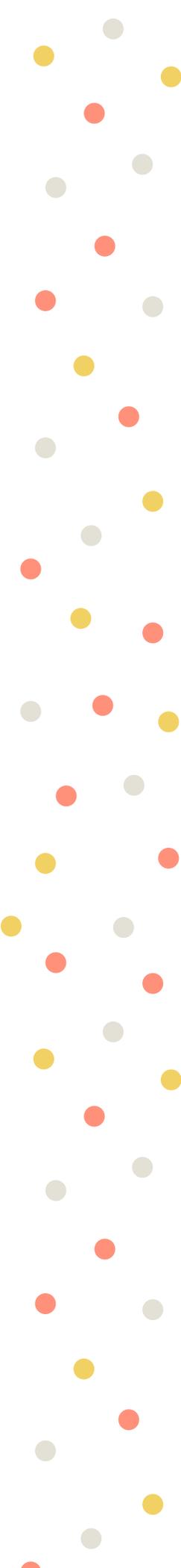
Carrots and celery

Or leftover soup

## **DINNER:**

Last day for leftovers! Food waste is one of the biggest budget-busters in modern kitchens. Enjoy your day off of cooking. Make sure you've eaten up all the leftovers so you can start with a clean slate next week!

Already used up all your leftovers? Make it a breakfast for dinner night! Fry up some pancakes, any remaining eggs - you can even fry up the apples!



## NOW WHAT?

Thank you for downloading this menu plan! Our goal at [CheapskateCook.com](https://CheapskateCook.com) is to serve you and cheer you on as you save money and eat healthy. If this menu plan helped you, we'd love to hear from you! Drop a comment on our website, or follow us on Instagram and message us there!

**Want more budget-friendly meal ideas? You'll love these!**

- [Build Your Frugal Healthy Kitchen](#)
- [Dinner for a Dollar: Real Food Recipes for Under \\$1 a Serving](#)
- [Real Food Cheap Series \(\\$360/month for a family of 5\)](#)
- [Follow on me on Instagram for daily inspiration \(we love Instagram Stories!\)](#)
- [Join the Cheapskate Cooks Facebook Group and 1-Min Email, where you get weekly hacks for slashing your grocery budget and eating real food.](#)