

Frugal THM Meal Plan & Shopping List

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Monday: [Hearty Two Bean and Lentil Chili](#) (E)

Tuesday: [Slow Cooker Italian Beef & Cabbage](#) with broccoli on the side (S)

Wednesday: Burrito Bowls - [Brown Spanish Rice](#), black beans, salsa and lettuce with a pinch of mozzarella cheese (E) ***You could make this cheaper by using dry black beans.

Thursday: [Chicken Thighs with Tomato Spinach Sauce](#) of cauliflower rice and green beans on the side (S) ***I'm using tomato sauce instead of marinara sauce, oil in place of the butter and serving with two cans of green beans.

Friday: [Creamy Taco Soup](#) (S) ***You could make this cheaper by making your own [vegetable broth](#).

Saturday:[Black-Eyed Pea "Gumbo"](#) (E)

Sunday: [Instant Pot Paprika Chicken](#) with green beans on the side (S) ***I'm using two cans of green beans and the chicken can be made in a slow cooker as well.

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| <p><u>Dairy:</u> *small heavy cream *8 oz mozzarella *(2) 8 oz 1/3 less fat cream cheese</p> <p><u>Meat:</u> *2 lbs ground beef *(12) boneless skinless chicken thighs</p> <p><u>Frozen:</u> *(1) bag of broccoli *(1) bag of cauliflower rice *(1) bag of okra</p> | <p><u>Produce:</u> *3 lb bag yellow onions *(4) green bell peppers *(2) heads of garlic *(1) medium green cabbage *(1) bag of salad mix *(1) small bag of baby spinach *(1) bunch of celery</p> <p><u>Canned/Jarred:</u> *(2) quarts chicken broth *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(2) 14 oz diced tomatoes *(2) 8 oz tomato sauce *(4) 10.5 oz Rotel *(2) 15 oz black beans *salsa *(4) 15 oz green beans *(1) quart vegetable stock</p> | <p><u>Dry Grocery:</u> *chili powder *cumin *oregano *1/2 lb green or brown lentils *Italian seasoning *1 c. brown rice *basil *taco seasoning *2 lbs dry black eyed peas *(2) beef bouillon cubes *Tony Chachere's seasoning *paprika *red pepper flakes</p> |
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