

Printable Frugal Dinner Meal Plan/Shopping List

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Monday: [Instant Pot Kielbasa and Cabbage](#) with green beans (I'm using frozen) on the side (S)

Tuesday: [Italian White Bean and Spinach Soup](#) (E)

Wednesday: [Chicken Stir-fry](#) over brown rice (E)

Thursday: 1/2 of a batch of [Brad's Favorite Chili](#) (S)

Friday: Burrito Bowls - [Chili Lime Black Beans](#), brown rice, salsa and a tiny pinch of cheddar cheese (E)

Saturday: [Sausage Patty Quiche](#) with green beans (I'm using frozen) on the side (S)

Sunday: [Zesty Salsa Chicken and Black Bean Casserole](#) (E)

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| <p><u>Dairy:</u> *1 c. cheddar cheese *(6) eggs *unsweetened almond milk *1 c. mozzarella cheese</p> <p><u>Meat:</u> *1 lb ground beef *3 lbs boneless skinless chicken breasts *(12) uncooked sausage patties *14 oz Polish Kielbasa</p> <p><u>Frozen:</u> *(1) bag of stir-fry vegetables *(2) bags of green beans</p> | <p><u>Produce:</u> *3 lb bag of yellow onions *(2) green bell peppers *1 lb carrots *(1) zucchini *garlic *small bag of spinach *(2) red bell peppers *(1) lime *(1) head of broccoli *(1) large green cabbage</p> <p><u>Canned/Jarred:</u> *(1) 4 oz diced green chilies *4 1/3 c. chicken broth *(2) 14 oz diced tomatoes *(2) 15 oz Great Northern beans *(3) 12 oz salsa *24 oz spaghetti sauce</p> | <p><u>Dry Grocery:</u> *(1) taco seasoning *chili powder *onion powder *garlic powder *salt & pepper *cumin *olive oil *Italian seasoning *bay leaf *red pepper flakes *2 2/3 c. brown rice, not cooked *on plan sweetener *soy sauce *1 lb dry black beans *paprika *dill weed *cayenne pepper</p> |
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