

# Trader Joe's Menu Plan Under \$50 (for 2)

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	Meal	Ingredients and Directions	Amount	Price
<b>Breakfast</b>	Apple Cinnamon Oatmeal	Apple Cinnamon Naturally Flavored Instant Oatmeal	1 box of 10 pouches = 5 meals for one person	\$1.25
	Greek Yogurt	Greek Yogurt	5 for one person (\$.99 each)	\$4.95
<b>Lunch</b>	Sandwiches	Smoked Turkey Lunchmeat	1 package	\$2.99
	Veggies and Dressing or Greek Yogurt	Healthy 8 Chopped Veggie Mix and Balsamic Vinaigrette or Greek Yogurt	Mix (\$2.99) and Dressing (\$1.99) or Greek Yogurt (5 for \$4.95)	\$4.98
<b>Snack</b>	Crunchy Oats and Honey Granola Bars	Crunchy Oats and Honey Granola Bars	1 box of 12 bars	\$1.99
	Strawberries	Strawberries	1 container	\$2.69
	Reduced Guilt Wheat Crisps	Reduced Guilt Wheat Crisps	1 box	\$2.29
	Roasted Red Pepper Hummus	Roasted Red Pepper Hummus	1 container	\$2.99
<b>Dessert</b>	Way More Chocolate Chips Cookies	Way More Chocolate Chips Cookies	1 container (optional at 3.99)	
<b>Dinner #1</b>	Stir-Fry and Green Beans	Cook bag of Frozen Chicken Breast Meat in slow cooker. Directions below*. Add 1/3 of cooked chicken to Asian Stir-Fry Kit. Sauté and season with Asian seasonings and Soy Sauce. Serve over rice. Serve with frozen Green Beans if desired. Makes chicken for all week.	1 Bag of Frozen Chicken Breast Meat (\$6.99) 1 Asian Stir-Fry Kit (\$3.99) 1 Bag of Green Beans (\$1.99)	\$12.97

<b>Dinner #2</b>	Ravioli or Meatballs	Cook Package of 4 Cheese Jumbo Ravioli OR Turkey Meatballs and serve with Tuscano Marinara Sauce over pasta. Serve with Fruit Bowl* made from Strawberries, Kiwi and any other fruit.	1 package of 4 Cheese Ravioli (\$2.99) or Turkey Meatballs (\$2.99) Tuscan Marinara Sauce (\$1.99) Kiwi (\$2.49)	\$7.47
<b>Dinner #3</b>	Mexican Pizza	Make Mexican Pizza* with Fat-Free Refried Beans, Organic Black Beans and ingredients on hand (tortillas, cheese, lettuce, tomato). Total = \$1.88	Fat-Free Refried Beans (\$1.99) Organic Black Beans (\$1.89)	\$1.88
<b>Dinner #4</b>	Stuffed Peppers	Make Stuffed Peppers* with 2 Green Peppers, 1/3 amount Shredded Chicken (from above), tomato sauce, rice, cheese, and seasoning. Serve with frozen Green Beans.	2 Green Peppers (\$1.58)	\$1.58
<b>Dinner #5</b>	Barbeque Chicken over Rice	Use remainder of shredded chicken and make Barbeque Chicken over rice. Mix chicken with homemade barbeque sauce* and serve over rice. Serve with green beans or Fruit Bowl.		
<b>Dinner #6</b>	Paninis and Fruit	The Beloved Panini* (with same ingredients as lunch sandwiches) and Fruit Bowl.		
<b>Dinner #7</b>	Leftovers, Random or Date Night!			
<b>Total</b>				<b>\$48.03</b>

<b>Pantry Items Needed</b>	Milk, Shredded and Sliced Cheese, Condiments, Bread, Oatmeal & Honey (for No-Sugar Protein Bites), Seasonings, Soy Sauce, Rice, Tortillas, Lettuce & Tomatoes (for Mexican Pizza), 8 oz. Tomato Sauce (for Stuffed Peppers), Salami (for The Beloved Panini)	
<b>What I buy at Mainstream Grocery Stores</b>	Milk, Cheese, Eggs, Baking Ingredients, Seasonings and Condiments, Household and Cleaning Supplies	
<b>*Recipe Links Here</b>	<p><b>Shredded Chicken:</b> <a href="http://www.moderncommonplacebook.com/easy-shredded-chicken-for-the-week/">http://www.moderncommonplacebook.com/easy-shredded-chicken-for-the-week/</a></p> <p><b>Mexican Pizza:</b> <a href="http://www.moderncommonplacebook.com/a-favorite-mexican-pizza/">http://www.moderncommonplacebook.com/a-favorite-mexican-pizza/</a></p> <p><b>Stuffed Peppers:</b> <a href="http://www.moderncommonplacebook.com/easy-stuffed-pepper/">http://www.moderncommonplacebook.com/easy-stuffed-pepper/</a></p> <p><b>Barbeque Sauce:</b> <a href="http://www.foodnetwork.com/recipes/giada-de-laurentiis/chicken-or-steak-with-balsamic-bbq-sauce-recipe/index.html">http://www.foodnetwork.com/recipes/giada-de-laurentiis/chicken-or-steak-with-balsamic-bbq-sauce-recipe/index.html</a></p> <p><b>Fruit Bowl:</b> <a href="http://www.moderncommonplacebook.com/summer-fit-tip-fruit-bowl/">http://www.moderncommonplacebook.com/summer-fit-tip-fruit-bowl/</a></p> <p><b>The Beloved Panini:</b> <a href="http://www.moderncommonplacebook.com/dont-know-whats-for-dinner-the-answer-is-pananis/">http://www.moderncommonplacebook.com/dont-know-whats-for-dinner-the-answer-is-pananis/</a></p>	
<b>Grocery List</b>	<b>Produce</b>	
	2 Green Peppers (\$.79/ea) Kiwi (\$2.49) Strawberries (\$2.69) Healthy 8 Chopped Veggie Mix (\$2.99) Asian Stir-Fry Kit (\$3.99)	
	<b>Fridge</b>	
	Roasted Red Pepper Hummus (\$2.99) 4 Cheese Jumbo Ravioli (\$2.99) (Optional) Smoked Turkey Lunchmeat (\$2.99) Greek Yogurt (\$.99/ea.)	
	<b>Frozen</b>	
Frozen Chicken Breast Meat (\$6.99) Green Beans (\$1.99 for 24 oz.) Turkey Meatballs (\$2.99)		
<b>Grocery</b>		
Apple Cinnamon Naturally Flavored Instant Oatmeal (\$2.49/10 pouches) Crunchy Oats and Honey Granola Bars (\$1.99) Balsamic Vinaigrette (\$1.99) Reduced Guilt Wheat Crisps (\$2.29) Peanut Butter (\$2.79) (Optional) Way More Chocolate Chips Cookies (\$3.99) (Optional) Tuscano Marinara Sauce (\$1.99) Fat-Free Refried Beans (\$.99) Organic Black Beans (\$.89)		