

\$100 / Week Grocery List

Family of 4 — 2026 Budget Meal Plan

This Week's Dinners

Mon	One-Pot Chicken and Rice	~\$8
Tue	Black Bean Tacos	~\$9
Wed	Pasta with Meat Sauce	~\$9
Thu	Leftover Night	\$0
Fri	Baked Pasta	~\$5
Sat	Sheet Pan Sausage and Vegetables	~\$8
Sun	Slow Cooker Chili	~\$9

Proteins

- Chicken thighs — 1 lb (Mon: One-Pot Chicken & Rice)
- Ground turkey — 1 lb (Wed: Pasta with Meat Sauce)
- Sausage links — 1 lb (Sat: Sheet Pan Sausage & Vegetables)
- Ground beef — 1 lb (Sun: Slow Cooker Chili)
- Eggs — 1 dozen (breakfasts + lunches)

Bread & Breakfast

- Bread — 1 loaf (sandwiches + toast)
- Peanut butter — 1 jar (breakfasts + lunches)

Pantry & Dry Goods

- Rice — 2 cups (Mon, Tue)
- Pasta — 2 boxes (Wed, Fri)
- Oats — 1 canister (breakfasts)
- Black beans — 2 cans (Tue: Black Bean Tacos)
- Kidney or pinto beans — 2 cans (Sun: Slow Cooker Chili)
- Diced or crushed tomatoes — 2 cans (Wed, Sun)
- Chicken broth — 1.5 cups (Mon)
- Tortillas — 8 small (Tue)
- Salsa — 1 jar (Tue)
- Olive oil (pantry)
- Spices: chili powder, cumin, garlic powder, paprika

Produce

- Onions — 4 medium (Mon, Tue, Wed, Sat, Sun)
- Garlic — 1 head (Wed, Tue)
- Lettuce — 1 head shredded (Tue)
- Lime — 1 (Tue)
- Potatoes — 1.5 lb (Sat)
- Broccoli — 1 head or 2 cups (Sat)
- Bananas — 1 bunch (breakfasts + snacks)

Frozen

- Frozen peas — 1 cup (Mon)
- Frozen spinach — 1 cup (Fri: Baked Pasta)

Dairy

- Shredded cheddar or Mexican cheese — 1 cup (Tue)
- Shredded mozzarella — 1 cup (Fri)
- Parmesan — small wedge or grated (Wed)
- Milk — 1 gallon (breakfasts)
- Butter — 1 stick (Fri, breakfasts)

Budget Notes

- Total weekly target: \$100 (\$430/month)
- Dinners ~\$48 | Breakfasts ~\$15 | Lunches ~\$15 | Snacks ~\$10 | Pantry ~\$12
- ~\$570/month BELOW the USDA Thrifty Food Plan baseline (\$1,000.20/mo)
- Source: numyum.ai/blog/meal-planning-budget-family-of-4
- Strategy: ingredient overlap, vegetarian Tuesday, leftover Thursday, and one cook-twice meal (Sunday chili -> Monday lunch).