

# MEAL PLANNING

with Crider Foods

## Budget-Friendly Week

### Grocery List\*

#### Produce

- 3 large onions
- 1 red onion
- 2 bell peppers
- 1 red pepper
- 1 stalk celery
- 1 carrot
- 2 cloves garlic
- 1 package sliced mushrooms
- Fresh parsley (optional garnish)

#### Dairy

- 6 slices Swiss cheese
- 1 package shredded Mexican cheese
- 1 package shredded mozzarella cheese
- Sour cream
- Light cream
- Blue cheese dip

#### Bakery/Bread

- Hamburger buns
- Flatbreads
- Tortillas

#### Canned & Shelf-Stable

- Diced tomatoes
- Chili-style diced tomatoes
- Black beans
- Canned Chicken in Water
- Canned Chunk Chicken in Water
- Canned Pulled Pork
- Canned Roast Beef & Broth

#### Optional Sides & Extras

- Precut vegetable sticks
- Chips & salsa
- Side salad ingredients
- Cornbread or crackers for chili night

\*List based on a family of four.



**Monday**

**Buffalo Chicken Sloppy Joes**

[Click for recipe](#)



**Tuesday**

**Chicken Chili**

[Click for recipe](#)



**Wednesday**

**Pulled Pork & Cheese**

**Quesadilla**

[Click for recipe](#)



**Thursday**

**Beef Stroganoff**

[Click for recipe](#)



**Friday**

**BBQ Chicken Flatbread**

[Click for recipe](#)