

Big Heart Real Life

7 DAY COZY BUDGET MENU

A simple printable meal plan for stretching groceries with love.

Weekly Menu

Day	Dinner	Cozy Notes
Monday	Chicken & Noodles	Use chicken thighs or leg quarters. Serve with green beans.
Tuesday	Pinto Beans & Sausage	Add cornbread, rice, or toast if you have it.
Wednesday	Taco Soup	Stretch with rice, chips, or extra beans.
Thursday	Spaghetti	Serve with bread and frozen vegetables.
Friday	Potato Soup & Grilled Cheese	Cozy, cheap, and filling.
Saturday	Hamburger Vegetable Soup	Use whatever vegetables are waiting in the freezer.
Sunday	Breakfast for Supper	Eggs, pancakes, oatmeal, or toast. Keep it simple.

Master Shopping List

Meat

- Chicken thighs or leg quarters
- Ground beef or turkey
- Smoked sausage
- Tuna or chicken packets
- Bologna or deli meat

Pantry Staples

- Pinto beans
- Black beans
- Kidney beans
- Corn
- Diced tomatoes
- Spaghetti noodles
- Egg noodles
- Rice
- Cream soup
- Broth or bouillon

Bread & Breakfast

- Bread
- Sliced cheese
- Eggs
- Oatmeal
- Pancake mix
- Syrup
- Bananas
- Peanut butter

Vegetables

- Potatoes
- Onions
- Carrots
- Frozen mixed vegetables
- Green beans

Coffee & Tea

- Instant coffee singles
- Sugar
- Gallon-size tea bags

Extras

- Shredded cheese
- Crackers
- Tortilla chips
- Mayonnaise
- Seasonings you love

Cook once, eat twice whenever you can. Leftovers are our friend. ♥

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RECIPES, LUNCHES & NOTES

Keep this page on the fridge, in a binder, or beside the crockpot.

5 Stretchy Dinner Recipes

Chicken & Noodles

Ingredients:

- 4-6 chicken thighs or leg quarters
- 2 cans cream of chicken soup
- 2 cups broth or water
- 1 tsp garlic powder
- Egg noodles

Directions:

Cook chicken, soup, broth, and seasonings in crockpot on LOW 6-7 hours. Shred chicken. Add cooked noodles before serving.

Pinto Beans & Sausage

Ingredients:

- 1 lb dried pinto beans, rinsed
- 1 smoked sausage, sliced
- 1 onion, chopped
- 4 cups broth or water
- Garlic powder + pepper

Directions:

Add all ingredients to crockpot. Cook on LOW 7-8 hours, or until beans are tender.

Taco Soup

Ingredients:

- 1 lb ground beef or chicken
- 1 packet taco seasoning
- 1 can corn
- 1 can black beans
- 1 can diced tomatoes
- 2 cups broth

Directions:

Brown meat if using ground beef. Add everything to crockpot. Cook LOW 6-8 hours. Serve with chips or rice.

Potato Soup

Ingredients:

- 6 potatoes, diced
- 1 onion, chopped
- 4 cups broth
- 1 can cream soup
- Salt + pepper

Directions:

Cook on LOW 6-7 hours. Mash some potatoes to thicken. Add cheese or bacon if you have it.

Hamburger Vegetable Soup

Ingredients:

- 1 lb ground beef
- 4 cups broth
- 2 potatoes, diced
- 2 carrots, sliced
- 1 can diced tomatoes
- 1 cup frozen vegetables

Directions:

Brown beef on stovetop. Add everything to crockpot. Cook LOW 6-8 hours. Hearty and filling.

Money Saving Tips

- Use leftovers for lunches
- Plan one soup night each week
- Chicken leg quarters are budget heroes
- Beans, potatoes, rice, and pasta stretch meals
- Little by little becomes a lot

Lunch Ideas

- Ham & cheese sandwiches
- Peanut butter sandwiches
- Egg salad
- Tuna salad
- Chicken salad from leftovers
- Bologna & cheese
- Grilled cheese with soup

Breakfast Ideas

- Oatmeal
- Eggs & toast
- Pancakes
- Bananas
- Breakfast-for-supper night

Notes

Grocery Notes:

Meal Swaps / Ideas:
