



 **BUDGET BYTES**

SAMPLE ONE WEEK

OMNIVORE

MEAL PLAN

MEAL PLANNING MADE EASY WITH DELICIOUS
RECIPES DESIGNED FOR SMALL BUDGETS





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LET'S GET COOKING!

Hello, and welcome to the Budget Bytes Meal Plans! I've created these meal plans to help make your life a little easier, but also in hopes that this will be the jumping off point on your meal planning journey.

I hope these meal plans will help get you comfortable with the meal planning process, so that one day you'll be able to create your own customized meal plans that are tailored to your lifestyle.

And hey, if meal planning for yourself is not your goal, we're happy to do the work for you. We will have a fresh stream of pre-made meal plans coming your way soon!

So, let's get cooking, shall we?

Beth Moncel

Owner, Budget Bytes

PS: If you enjoyed this sample meal plan, get full monthly meal plans with weekly menus and custom grocery lists at: budgetbytes.com/mealplans

ABOUT THIS MEAL PLAN

This four week meal plan is designed to give you a variety of satisfying, well balanced dinners, all while maximizing your food budget and reducing waste. This Omnivore Meal Plan is designed to be 50/50 meat and vegetarian meals.*

**This is a sample one week plan taken from the full four week monthly meal plan, with weekly menus and custom grocery lists available at: budgetbytes.com/mealplans*

THE MENUS

Each of the four weeks include six days of dinners, with one “freebie day” designed in, so you can either eat up your leftover portions from the week, or take a night off and eat out. Because let’s be real, sometimes you just need a night off, and allowing yourself to do so once in a while will help you stick to the plan the rest of the week. We’ve made the freebie day the last day of the week so you can use your ingredients while they are the most fresh, and you can use that “cook free” day to do the shopping for the next week.

You can choose to do all four weeks in succession, or mix and match the weeks as you see fit.

THE MEALS

Each meal provides 4-6 servings. This meal size can work great for couples or small families. Leftover portions can be taken to work or school the next day for lunch, or often times frozen for later on. Having single portions of meals stashed in the freezer ready to reheat at a moment’s notice is a lifesaver!

Some meals are an all-in-one dish with no need for a side, while others are served with a second simple recipe on the side to round out the meal and keep it balanced.

CALENDARS AND SHOPPING LISTS

This meal plan includes a monthly calendar with all four weeks listed in one place, as well as individual weekly calendars, so you can concentrate on one week at a time.

Each weekly plan includes a shopping list, six recipes, notes for saving and using leftover ingredients, as well as notes about what should be saved for the next week, or what you might have on hand from a previous week's menu.

Each weekly shopping list is included in the master pdf, and also available as an individual file so it can be easily printed or saved to your phone for easy access when shopping.

LEFTOVERS

Making the most of your leftover ingredients is a major theme in this meal plan. We've included suggestions throughout for using up leftover ingredients. While it's not always possible to find uses for 100% of the ingredients you purchase, just being mindful and proactive about using leftovers will help reduce your regular weekly food waste by a considerable amount. Every effort counts.

GENERAL INGREDIENT BUYING TIPS

- Buy yellow onions in 2-5 lb. bags instead of individually because you'll be using them frequently throughout the month and they are fairly shelf stable.
- I highly suggest using a bouillon or broth concentrate that you can keep on hand to mix up any amount of broth needed. This method is much less expensive than buying cans or boxes of broth, it reduces waste, and uses less packaging. My favorite is Better Than Bouillon, which comes in several flavors, low sodium, and organic versions.
- Salt and pepper are not included in the grocery lists. Make sure you're stocked with both.
- Your shopping lists will likely get shorter throughout the month as your kitchen becomes stocked with basic ingredients.

HOW TO USE THIS MEAL PLAN

STEP 1

The day before the week begins, review the menu for the week, along with the recipe notes, and tips for saving leftover ingredients.

STEP 2

Review the recipes. If there are any ingredients or techniques that you are unfamiliar with, don't hesitate to reach out to us for help! You can request help in the [Budget Bytes Meal Plans Facebook group](#), or by emailing support@budgetbytes.com. Make sure to include which meal plan you're working on and the title of the recipe.

STEP 3

Shop your pantry, freezer, and refrigerator. Take the shopping list for that week into your kitchen and go down the list, item by item, crossing off ingredients you already have and making notes about pantry staples that you may need to restock. Many ingredients in this meal plan carry over from week to week, either in your pantry or freezer, so it's critical that you check each week, even when there isn't a specific note in the meal plan.

STEP 4

Take it to the store! Take your modified shopping list to the store and purchase the remaining items on your list.

STEP 5

Time to get cooking! Each day, before you begin your recipe(s), make sure to read the recipe through, from start to finish, so you understand the workflow. If you're having trouble with a recipe, you can reach out to us or visit the recipe on the website to view the step by step photos, or video when available.

STEP 6

Save those leftovers! Portion your cooked meal into single servings and refrigerate for later, or if it's a freezer-friendly dish (as indicated by the asterisk on the weekly menu), freeze for longer storage.

STEP 7

On the last day of the week, your "freebie day", start planning for the following week by going back to step 1!

MONTH AT A GLANCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Weeknight Black Bean Chili	One Pot Roasted Red Pepper Pasta	Roasted Bratwurst with Peppers	Curried Chickpeas with Spinach with Rice	Beef & Cabbage Stir Fry	Creamy Coconut Curry Lentils with Spinach, Curry Roasted Carrots, Rice	Leftovers / Eat out
WEEK 2	Black Bean and Avocado Enchiladas, Cilantro Lime Rice (made with veg broth)	BBQ Tofu Sliders, Cowboy Caviar	Cheesy Vegetarian Chili Mac	Chipotle Portobello Fajitas	Creamy Coconut Curry Lentils with Spinach, Curry Roasted Carrots	Garden Vegetable Lasagna Roll Ups, Homemade Garlic Bread	Leftovers / Eat out
WEEK 3	Easy Cauliflower and Chickpea Masala	Vegetable Pot Pie Skillet with Cheddar Biscuit Topping	Gesame Tempah Bowls	Smoky Tomato Soup with Spinach Feta-Cheese	Poor Man's Burrito Bowl	Chunky Chili and Vegetable Soup	Leftovers / Eat out
WEEK 4	One Pot Roasted Red Pepper Pasta	Vegan West African Peanut Stew	Smoky White Bean Shushka with bread	Smoked Chickpeas with Spinach plus rice	Simple Mushroom and Broccoli Stir Fry	Vegan Winter Lentil Stew	Leftovers / Eat out

SAMPLE

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MENU

 Leftover cooked portions are freezer-friendly

MONDAY

Weeknight Black Bean Chili

You can either use ground beef or ground turkey for this recipe. You'll be using ½ lb. ground beef for the stir fry on Friday, so can use the other half for the chili. If not, freeze the unused portions of ground turkey and/or beef.

TUESDAY

One Pot Roasted Red Pepper Pasta

WEDNESDAY

Roasted Bratwurst with Peppers

THURSDAY

Curried Chickpeas with Spinach with Rice

Buy one large knob of ginger and keep it in the freezer for use throughout the month.

FRIDAY

Beef & Cabbage Stir Fry

Use two carrots for the Beef and cabbage stir fry and the remainder for the Curry Roasted Carrots on Saturday. Instead of buying a head of cabbage, you can buy a one pound bag of shredded cabbage/coleslaw mix.

SATURDAY

Creamy Coconut Curry Lentils with Spinach, Curry Roasted Carrots, Rice

SUNDAY

Leftovers/eat out and shop for next week!

LEFTOVER INGREDIENT SUGGESTIONS

Ground turkey - freeze

Ground beef - freeze
(used in Week Two)

Cheddar - freeze (this will be used in Week Two)

Tomato paste - freeze in 1 Tbsp portions

Cream cheese - use for breakfast

Green onion - can also be used as a topping for the chili on Monday

Cilantro - can be used on the Black Bean Chili, Curried Chickpeas, Beef & Cabbage Stir Fry, and Curry Lentils.

GROCERY LIST

BAKERY:

- 5 Hot dog buns ^W

CANNED GOODS:

- 3 oz. can Tomato paste ^M
- 7 cups Vegetable broth (suggested: Better Than Bouillon broth concentrate) ^{T S}
- 1 12 oz. jar Roasted red peppers ^T
- 1 15 oz. can Fire roasted diced tomatoes ^T
- 3 15 oz. cans Black beans ^M
- 1 15 oz. can Diced tomatoes with green chiles ^M
- 1 15 oz. can Tomato sauce ^R
- 2 15 oz. cans Chickpeas ^R
- 1 13 oz. can Coconut Milk ^S

MEAT:

- 1/2 lb. Lean ground beef ^F
- 5 Bratwurst links ^W
- 1/2 lb. Ground turkey ^M

DAIRY:

- 2 oz. Cheddar ^W
- 4 oz. Cream cheese (optional) ^T

DRY GOODS:

- 1 lb. Fettuccine ^T
- 1cup Brown lentils ^S
- 6 cups long grain white rice ^{R S}
- 1/2 Tbsp Brown sugar ^F

PRODUCE:

- 1/2 head Green cabbage ^F
- 2 lbs. Carrots ^S
- 14 cloves Garlic ^{M T R F S}
- 1 Tbsp Fresh ginger, grated ^{R F S}
- 3 Green onions ^F
- 3 Yellow Onion ^{M W S}
- 3 Bell peppers (any color) ^W
- 1 Vidalia onion ^T
- 8 oz. fresh spinach ^{R S}
- 1/4 bunch Fresh Cilantro ^S

CONDIMENTS:

- 1/2 Tbsp Coarse Deli mustard ^W
- 1/4 cup Yellow Mustard ^W
- 1 1/2 tsp Cooking oil ^F
- 9 Tbsp Olive oil ^{M W R S}
- 1 Tbsp Toasted sesame oil ^F
- 2 Tbsp Soy sauce ^F
- 2 Tbsp Sriracha ^F
- 1 Tbsp Red wine vinegar ^W

SPICES:

- 1/2 Tbsp Dried basil ^T
- 1 Tbsp Chili powder ^M
- 1/2 Tbsp Ground Cumin ^M
- 3 1/2 Tbsp Curry powder ^{R S}
- 1/4 tsp Garlic powder ^W
- 1/2 tsp Oregano ^M
- 1/2 tsp Smoked paprika ^M
- 1/4 tsp Crushed red pepper ^T
- 1 Tbsp Sesame seeds (optional) ^F

MONDAY

WEEKNIGHT BLACK BEAN CHILI

SERVINGS
6 (1 cup each)

PREP TIME
10 minutes

COOK TIME
25 minutes

TOTAL TIME
35 minutes

INGREDIENTS

1 tbsp olive oil

1 yellow onion

4 cloves garlic

½ lb. ground turkey

3 15 oz. can black beans

1 10 oz. can diced tomatoes with green chiles

3 oz. tomato paste

1 Tbsp chili powder

½ tsp ground cumin

½ tsp smoked paprika

½ tsp oregano

¼ tsp salt (or to taste)

INSTRUCTIONS

1. Dice the onion and mince the garlic. Add the onion and garlic to a large pot with the olive oil and cook over medium-low heat just until the onions have softened (2-3 minutes).
2. Add the ground turkey to the pot and continue to sauté until the turkey is cooked through (5-7 minutes). Break the turkey up into small crumbles with your spoon as it cooks.
3. Add the three cans of beans (undrained), the diced tomatoes with green chiles (undrained), tomato paste, chili powder, cumin, smoked paprika, and oregano. Stir everything to combine.
4. Let the chili simmer for about 10 minutes to let the flavors blend and help the liquid thicken slightly. Taste the chili and add salt as needed (this will depend on the salt content of your canned goods. I added about 1/4 tsp). Serve with your favorite chili toppings.

Get step by step photos & more:

<https://www.budgetbytes.com/weeknight-black-bean-chili/>

TUESDAY

ONE POT ROASTED RED PEPPER PASTA

SERVINGS
4 (1½ cup each)

PREP TIME
10 minutes

COOK TIME
20 minutes

TOTAL TIME
30 minutes

INGREDIENTS

5 cups vegetable broth

1 lb. fettuccine

1 small vidalia onion

4 cloves garlic

1 12 oz. jar roasted red peppers

1 15 oz. can fire roasted diced tomatoes

½ Tbsp dried basil

¼ tsp crushed red pepper

Freshly cracked black pepper

4 oz. cream cheese (optional)

Get step by step photos & more:

<https://www.budgetbytes.com/one-pot-roasted-red-pepper-pasta/>

INSTRUCTIONS

1. Thinly slice the onion and mince the garlic. Remove the red peppers from the liquid in the jar and slice into thin strips.

2. Combine the broth, onion, garlic, red pepper slices, diced tomatoes (with juice), basil, crushed red pepper, and some freshly cracked black pepper (10-15 cranks of a pepper mill) in a large pot. Stir these ingredients to combine. Break the fettuccine in half, then add it to the pot, attempting to submerge the pieces as much as possible.

3. Place a lid on the pot and turn the heat up to high. As soon as the pot reaches a full boil, give the ingredients a quick stir to loosen any pieces that may have stuck to the bottom, replace the lid, and turn the heat down to medium-low.

4. Let the pot simmer on medium low for 10-12 minutes, stirring every couple of minutes to make sure nothing sticks to the bottom. Return the lid as quickly as possible after each stir. After ten minutes, test the pasta to see if it is al dente. Once the pasta is tender, remove it from the heat. (If the pasta becomes too dry before it is tender, simply add a small amount of water and continue to simmer.)

5. Divide the cream cheese into tablespoon sized pieces, then add them to the pot. Stir the pasta until the cheese melts in and creates a smooth sauce (it will look lumpy at first, just keep stirring). Serve hot.

WEDNESDAY

ROASTED BRATWURST WITH PEPPERS AND ONIONS

SERVINGS
5

PREP TIME
15 minutes

COOK TIME
45 minutes

TOTAL TIME
1 hour

INGREDIENTS

2 Tbsp olive oil

1 Tbsp red wine vinegar

½ Tbsp coarse deli mustard

¼ tsp garlic powder

⅛ tsp salt

Freshly cracked pepper

3 bell peppers (any color)

1 yellow onion

5 bratwurst links

5 hot dog buns

2 oz. cheddar

4 Tbsp yellow mustard

INSTRUCTIONS

1. Preheat the oven to 400°F. In a small bowl stir together the olive oil, red wine vinegar, coarse deli mustard, garlic powder, salt, and pepper. Set the vinaigrette aside.

2. Slice the bell peppers and onion into 1/4-inch strips and place them on a large baking sheet. Add the bratwurst links to the baking sheet, then drizzle the vinaigrette over top. Toss the peppers, onions, and bratwurst until everything is coated in vinaigrette.

3. Place the baking sheet in the oven and roast for 20 minutes, then give everything a good stir. Return the baking sheet to the oven and roast for another 20-25 minutes, or until the bratwurst, peppers, and onions, have browned on the edges.

4. Stuff the bratwurst, peppers, and onions into the buns and top with shredded cheddar if desired. Place them back in the oven for about 5 minutes to melt the cheese and toast the buns. Top with more mustard just before serving.

Get step by step photos & more:

<https://www.budgetbytes.com/roasted-bratwurst-peppers-onions/>

THURSDAY

CURRIED CHICKPEAS WITH SPINACH

SERVINGS
4 (1 cup each)

PREP TIME
5 minutes

COOK TIME
20 minutes

TOTAL TIME
25 minutes

INGREDIENTS

2 Tbsp olive oil
1 yellow onion
2 cloves garlic
1 inch fresh ginger, grated
1 1/2 Tbsp curry powder
4 oz. fresh spinach
1 15 oz. can tomato sauce
2 15 oz. cans chickpeas
1.5 cups uncooked long grain white rice

INSTRUCTIONS

- 1.** Begin the rice first. Add the rice and 3 cups water to a sauce pot. Cover with a lid, place the pot over high heat, and bring it up to a boil. Once boiling, reduce the heat to low and let simmer for 15 minutes. After 15 minutes, turn the heat off, and let the rice rest for 10 minutes, undisturbed, with the lid in place. Fluff with a fork just before serving.
- 2.** While the rice is cooking, prepare the curried chickpeas with spinach. Dice the onion, mince the garlic, and grate the ginger on a small holed cheese grater. Sauté the onion, garlic, and ginger in a large skillet with the olive oil over medium heat until the onions have softened (3-5 minutes).
- 3.** Add the curry powder and continue to sauté with the onion mixture for one minute more. Add about 1/4 cup of water and to the skillet along with the fresh spinach and continue to sauté until the spinach has wilted. The water will help steam and wilt the spinach (no water needed if using frozen spinach).
- 4.** Drain and rinse the chickpeas. Add them to the skillet along with the tomato sauce. Stir well to distribute the spices in the sauce and heat through (5 minutes). Serve over rice.

Get step by step photos & more:

<https://www.budgetbytes.com/curried-chickpeas-spinach/>

FRIDAY

BEEF AND CABBAGE STIR FRY

SERVINGS
4 (1½ cup each)

PREP TIME
15 minutes

COOK TIME
15 minutes

TOTAL TIME
30 minutes

INGREDIENTS

2 Tbsp soy sauce

1 Tbsp toasted sesame oil

1 Tbsp sriracha

½ Tbsp brown sugar

½ head green cabbage

2 carrots

3 green onions

½ Tbsp cooking oil

½ lb. lean ground beef

2 cloves garlic

1 Tbsp fresh ginger, grated

Pinch salt and pepper

FOR TOPPING

1 Tbsp sesame seeds (optional)

1 Tbsp sriracha

INSTRUCTIONS

1. Prepare the stir fry sauce first. In a small bowl stir together the soy sauce, toasted sesame oil, sriracha, and brown sugar. Set the sauce aside.

2. Shred the vegetables so they are ready to go when you need them. Cut one small cabbage in half, remove the core, and then finely shred the leaves of one half the cabbage (4-6 cups once shredded, save the other half for another recipe). Peel two carrots, then use a cheese grater to shred them (1 cup shredded). Slice three green onions. Mince two cloves of garlic. Peel a knob of ginger using either a vegetable peeler or by scraping with the side of a spoon, then grate it using a small-holed cheese grater.

3. Heat a large skillet over medium heat. Once hot, add the cooking oil, ground beef, garlic, ginger, and a pinch of salt and pepper. Cook the beef until browned (about five minutes).

4. Add the cabbage and carrots to the skillet and continue to stir and cook until the cabbage is slightly wilted (or fully wilted, if you prefer). Stir in the prepared sauce and the green onions. Top with a sprinkle of sesame seeds and a drizzle of sriracha, then serve.

Get step by step photos & more:

<https://www.budgetbytes.com/beef-cabbage-stir-fry/>

SATURDAY

CREAMY COCONUT CURRY LENTILS WITH SPINACH

SERVINGS

4

PREP TIME

5 minutes

COOK TIME

40 minutes

TOTAL TIME

45 minutes

INGREDIENTS

2 Tbsp olive oil

2 cloves garlic

1 tsp fresh ginger, grated

1 small yellow onion

1 Tbsp curry powder

1 cup brown lentils (uncooked)

2 cups Vegetable broth

1 13 oz. can coconut milk

3 cups fresh baby spinach

FOR SERVING

1/4 cup Fresh cilantro

1.5 cups long grain white rice

INSTRUCTIONS

1. Begin the rice first. Add the rice and 3 cups water to a sauce pot. Cover with a lid, place the pot over high heat, and bring it up to a boil. Once boiling, reduce the heat to low and let simmer for 15 minutes. After 15 minutes, turn the heat off, and let the rice rest for 10 minutes, undisturbed, with the lid in place. Fluff with a fork just before serving.

2. Mince the garlic, grate the ginger, and dice the onion. Add the olive oil, garlic, and ginger to a deep skillet, Dutch oven, or soup pot. Sauté the garlic and ginger over medium heat for 1 minute, or just until the garlic becomes soft and fragrant.

3. Add the diced onion to the skillet and continue to sauté over medium until the onion is soft and translucent. Add the curry powder and continue to sauté for about one minute more to toast the spices.

4. Add the dry lentils and vegetable broth to the skillet. Stir to dissolve any browned bits from the bottom of the skillet. Place a lid on top, turn the heat up to medium-high, and bring the broth to a boil. Once boiling, turn the heat down to low, and let it simmer for 20 minutes, stirring occasionally.

5. After simmering for 20 minutes the lentils should be tender and most of the broth absorbed. Add the can of coconut milk and stir to combine. Turn the heat back up to medium and allow the skillet to come back up to a simmer. Let it simmer without a lid for an additional 10 minutes, stirring often, to thicken the mixture.

6. Once thickened, turn the heat off. Add the fresh spinach and stir gently until the spinach has wilted. Taste the mixture and adjust the salt or curry powder to your liking, if needed.

7. Serve over a bowl of rice, and top with chopped cilantro if desired.

FOR CARROTS:

2 lbs. carrots

2 Tbsp olive oil

1 Tbsp curry powder (hot or mild)

1/2 tsp salt

Fresh cilantro (optional)

CURRY ROASTED CARROTS:

1. Preheat the oven to 400 degrees and line a baking sheet with foil. Peel the carrots and cut off the rough ends. Slice the carrots on a diagonal, into 1/4" thick slices.

2. Place the carrot slices in a bowl, drizzle with olive oil, then sprinkle the curry powder and salt. Toss the carrots until they're evenly coated in oil and spices.

3. Spread the carrots out over the prepared baking sheet in a single layer. Make sure they're not piled on top of one another. Roast in the oven for 30 minutes, stirring once half way through. Serve warm with a handful of freshly chopped cilantro over top.

Get step by step photos & more:

<https://www.budgetbytes.com/creamy-coconut-curry-lentils-with-spinach/>





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