



14 DAY

PANTRY

MEAL PLAN

MEAL PLANNING MADE EASY WITH DELICIOUS
RECIPES DESIGNED FOR SMALL BUDGETS



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LET'S GET PREPARED!

Hello, and welcome to the Budget Bytes Pantry Meal Plan! I've created this meal plan to help everyone feel prepared and at ease, no matter what comes their way. This meal plan is designed for those times and situations when grocery store access is limited.

I hope this meal plan serves as a great introduction to the meal planning process, so you can begin to incorporate meal planning techniques into your every day life. Meal planning can save you time, money, and a *lot* of stress!

And hey, if you find that you really love how meal planning makes your life easier, we have a library of eight month-long meal plans ready for you to try. Check out our other meal plans at [budgetbytes.com/mealplans!](https://budgetbytes.com/mealplans)

So, let's get cooking, shall we?

-Beth

Owner, Budget Bytes

ABOUT THIS MEAL PLAN

This "two week" meal plan is designed to stock your pantry with the ingredients needed to make any of the 14 dinners at any time, and in any order you like. Depending on how often you cook and how many people you are feeding, the meals in this plan may feed you for several weeks.

THE RECIPES

The recipes included in this plan use ingredients that are shelf stable and frozen or freezable foods. This allows more variety of ingredients (and vegetables!) while sticking to ingredients with a long storage life. Because of that, this recipe list is most useful for situations where electricity is still running, but fresh ingredients may not be easily accessible.

Each meal provides 4 servings, minimum. Many of the recipes that have six or more servings are freezer-friendly, which will help you stretch your groceries even further. Freezer-friendly recipes are indicated with a yellow snowflake on the recipe page.

In addition to the 14 dinner recipes, there is one bonus homemade bread recipe (**No-Knead Focaccia Rolls**) that can be made and eaten fresh or frozen for later and served with any of the dinners included.

THE INGREDIENTS

The recipes in this meal plan were chosen because of their shelf and freezer-stable ingredients, so you can keep them on hand and make the recipes at any time in the future. The ingredients needed for this meal plan fall into three categories:

- Shelf stable at room temperature: oils, vinegars, flour, sugar, spices, herbs, rice, pasta, beans, and canned goods
- Frozen goods: frozen vegetables
- Fresh items that can be stored frozen: meat, cheese, butter, onions, ginger, jala-

peños, and garlic

For information on how to freeze the fresh ingredients, see the **How to Use This Meal Plan** section.

SHOPPING LIST

This meal plan includes one master shopping list that includes everything needed to make all 15 recipes included in the plan. Next to each ingredient in the shopping list are letters indicating which recipes use that ingredient. You can find a key for which recipes correspond with which letter in the **Grocery List Key**.

GENERAL INGREDIENT BUYING TIPS

- Buy yellow onions in 2-5 lb. bags instead of individually because you'll be using them frequently throughout the plan.
- 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. Better Than Bouillon has an indefinite shelf life when refrigerated after opening.
- Salt and pepper are not included in the grocery lists. Make sure you're stocked with both.

HOW TO USE THIS MEAL PLAN

STEP 1

Print the grocery list and grocery list key.

STEP 2

Take the grocery list to your pantry and cross off anything you already have on hand, or adjust the quantities listed based on the amounts you have in your pantry or freezer.

STEP 3

Take the modified grocery list to the store and purchase the remaining items (or use the list to order online for grocery delivery or pick up). Hang the grocery list key on your refrigerator. You can then cross off the recipes as you make them, so you will always know which recipes you still have supplies to make.

STEP 4

If you plan to make the meals in the plan immediately (within the next two weeks), most of the fresh items can either be kept refrigerated (jalapeños, ginger, cheese, green onions) or at room temperature (onions, garlic). Meat should be frozen until the day before it is used.

If you plan to stretch this meal plan out over several weeks, or will delay the use of the plan for emergencies in the future, you'll want to freeze the fresh items. Here are tips for freezing those items:

Onions: dice the onions, separate them into 1 cup portions (about one onion-worth), and freeze in quart-sized freezer bags. Frozen onions can be added to most recipes straight from the freezer. For green onions, simply slice and place in a freezer bag, or empty jar, then stash in the freezer.

Jalapeños: Slice, freeze flat on a baking sheet covered in parchment, then transfer to a freezer bag once frozen solid.

Garlic: peel and freeze in freezer bags. The garlic's appearance will change slightly after thawing, but the flavor will still be great.

Ginger: Wash the ginger well, then freeze in a freezer bag. The frozen ginger can be easily grated into your recipe using a small-holed cheese grater, while still frozen, no need to peel. If you prefer to peel your ginger, simply peel before freezing.

Cheese: Cheese can be frozen either in block form or shredded. Make sure to wrap tightly to reduce air exposure.

Meat: I prefer to divide meat into ½ lb. portions before freezing, since most of my recipes use about ½ pound of meat per recipe. Again, make sure to wrap tightly to prevent air exposure, which leads to freezer burn.

And always, always label and date everything you put into the freezer! :)

STEP 5

Time to get cooking! Every time you cook a recipe, cross it off from the grocery key list, so you know which recipes can still be made with your remaining ingredients.

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 yellow snowflake on the recipe page), freeze for longer storage.

14 DAY PANTRY MEAL PLAN

GROCERY LIST

CANNED GOODS:

- 5 15oz. cans Black beans
(A)(B)(G)(N)
- 5 15oz. cans Cannellini beans
(K)(M)
- 1 15oz. can Chickpeas (I)
- 2 15oz. cans Kidney beans
(A)(G)
- 2 13.5oz. cans Coconut milk
(H)(I)
- 1 20oz. can Pineapple slices in juice (E)
- 1 8oz. can Pineapple tidbits in juice (H)
- 1 15oz. can Pinto beans (M)
- 1 15oz. can Pumpkin purée (C)
- 1 16oz. jar Red salsa (B)
- 1 16oz. jar Salsa verde (M)
- 1 28oz. can Crushed tomatoes
(F)
- 2 15oz. cans Diced tomatoes
(A)(G)
- 1 10oz. can Diced tomatoes with green chiles (N)
- 1 6oz. can Tomato paste (G)
- 2 15oz. cans Tomato sauce
(A)(I)

- 1 8oz. can Tomato sauce (D)
- 4 cups Beef broth (A)(D)
- 2 cups Chicken broth (M)
- 8 cups Vegetable broth (C)(K)

DAIRY:

- 3/8 cup Butter (F)(L)
- 14oz. Shredded cheddar
(A)(B)(D)
- 4oz. Monterrey Jack cheese (M)

DRY GOODS:

- 4 1/4 cups All-purpose flour
(A)(D)(O)
- 6 cups Long grain white rice
(B)(E)(I)
- 3 cups Jasmine rice (H)(J)
- 1 cup Dry red lentils (C)
- 2 cups Elbow macaroni (A)
- 1/2 lb. Small pasta shells (D)
- 1 1/2 lbs. Spaghetti (L)(F)
- 3/8 cup Brown sugar (G)(J)(L)
- 1/4 teaspoon Instant yeast (O)
- 8 corn tortillas (N)

FROZEN:

- 1 1/2 lbs. Frozen broccoli florets (H)(L)
- 12oz. Frozen cauliflower florets (I)
- 2 cups Frozen corn kernels
(A)(N)
- 12oz. Frozen stir fry vegetables (J)

MEAT:

- 3 lbs. Ground beef (A)(D)(F)(G)(L)
- 4 Boneless skinless chicken breasts (H)(J)(M)
- 6 Boneless skinless chicken thighs (E)
- 1 lb. Ground turkey (N)

PRODUCE:

- 22 cloves Garlic (about 3 bulbs) (A)(C)(G)(H)(I)(J)(K)(L)(M)
- 5 1/2 tsp Grated fresh ginger
(C)(I)(J)
- 3 Jalapeños (optional) (B)(E)(M)
- 22 Green onions (about 3 bunches) (B)(D)(E)(J)(L)(N)
- 8 Yellow onions
(A)(C)(D)(F)(G)(I)(M)(N)

Continued...

14 DAY PANTRY MEAL PLAN

GROCERY LIST - CONTINUED

SAUCES-OILS-VINEGARS:

1/4 cup Cooking oil (E)(H)(J)(N)

3/4 cup Olive oil

(A)(C)(D)(F)(G)(I)(K)(O)

1 cup Sweet chili sauce (H)

2 Tbsp Hot dog relish (D)

1/2 cup BBQ sauce (E)

4 tsp Toasted sesame oil (J)(L)

1/3 cup Soy sauce (J)(L)

1/4 cup Oyster sauce (L)

SPICES:

1 tsp Cayenne pepper

(G)(I)(M)(N)

1/4 cup Chili powder (A)(G)(N)

2 Tbsp Ground cumin

(B)(G)(I)(M)(N)

1 Tbsp Curry powder (C)

2 Tbsp Garam masala (I)

1/2 tsp Garlic powder (B)(G)

1/2 tsp Onion powder (G)

1 1/2 tsp Dried oregano (M)(N)

1 1/2 tsp Smoked paprika (I)(N)

3 pinches Crushed red pepper

(K)(L)

1/2 tsp Dried rosemary (K)

6 1/2 tsp Italian seasoning (F)(O)

1/4 tsp Dried thyme (K)

1/2 tsp Turmeric (I)

14 DAY PANTRY MEAL PLAN

GROCERY LIST KEY

A. ONE POT CHILI PASTA

B. POOR MAN'S BURRITO BOWLS

C. CURRIED RED LENTIL AND PUMPKIN SOUP

D. SKILLET CHEESEBURGER PASTA

E. SKILLET PINEAPPLE BBQ CHICKEN

F. WEEKNIGHT PASTA SAUCE WITH SPAGHETTI

G. EASY HOMEMADE CHILI

H. SWEET CHILI CHICKEN STIR FRY BOWLS

I. CAULIFLOWER AND CHICKPEA MASALA

J. ONE POT TERIYAKI CHICKEN AND RICE

K. EASY ROSEMARY GARLIC WHITE BEAN SOUP

L. GARLIC NOODLES WITH BEEF AND BROCCOLI

M. SLOW COOKER WHITE CHICKEN CHILI

N. TURKEY TACO SKILLET

O. NO-KNEAD FOCACCIA ROLLS

ONE POT CHILI PASTA

SERVINGS
9 (1 cup each)

PREP TIME
10 minutes

COOK TIME
30 minutes

TOTAL TIME
40 minutes

INGREDIENTS

- 1 Tbsp olive oil
- 1 yellow onion
- 2 cloves garlic
- ½ lb. ground beef
- 2 Tbsp flour
- 2 Tbsp chili powder
- 1 15oz. can tomato sauce
- 1 15oz. can diced tomatoes
- 1 15oz. can black beans
- 1 15oz. kidney beans
- 1 cup corn kernels
- 2 cups elbow macaroni
- 2 cups beef broth
- 1 cup shredded cheddar

Get step by step photos & more:

<https://www.budgetbytes.com/snap-challenge-one-pot-chili-pasta/>

INSTRUCTIONS

1. Dice the onion and mince the garlic. Cook both in a large pot with olive oil over medium heat for 1-2 minutes, or until soft and translucent. Add the ground beef and continue to stir and cook until it is fully browned. If using a high fat ground beef, drain off the excessive after it is browned.
2. Add the flour and chili powder to the pot and stir to coat the meat. Continue to stir and cook the coated meat for 1-2 minutes more. The flour and chili powder may coat the bottom of the pot, but that's okay. Just be careful to not let it burn.
3. Drain and rinse the black beans and kidney beans. Add the beans, tomato sauce, diced tomato, and corn kernels to the pot. Stir well and dissolve the flour/chili powder mixture from the bottom of the pot.
4. Add the dry macaroni and two cups of beef broth to the pot and stir to combine. Place a lid on top, turn the heat up to high, and let the pot come to a boil. Once it reaches a boil, give it a quick stir to loosen any pasta stuck to the bottom of the pot, replace the lid, and turn the heat down to medium-low. Let the pot simmer on medium-low for about 15 minutes, or until the pasta is soft and has absorbed most of the liquid. Stir the pot one or two times during the 15 minutes to loosen any pasta stuck to the bottom.
5. Once the pasta is fully cooked, turn the heat off and add the cheese. Stir the cheese into the pasta until it has melted in and become slightly creamy. Serve hot.

POOR MAN'S BURRITO BOWLS ❄️

SERVINGS
6

PREP TIME
5 minutes

COOK TIME
20 minutes

TOTAL TIME
25 minutes

INGREDIENTS

2 cups uncooked long grain white rice

½ tsp salt

2 15oz. cans black beans

½ tsp ground cumin

¼ tsp garlic powder

1 16oz. jar red salsa

6oz. shredded cheddar

1 bunch green onions (optional)

1 jalapeño (optional)

INSTRUCTIONS

1. Add the rice, salt, and 3 cups water to a medium sauce pot. Place a lid on top, turn the heat on to high, and allow the water to come up to a full boil. Once boiling, turn the heat down to low and let it continue to simmer for 15 minutes. After 15 minutes, turn the heat off and let it sit, with the lid in place, for an additional five minutes. Fluff just before serving.

2. While the rice is cooking, make the beans. Add both cans of black beans (undrained) to a small sauce pot, along with the cumin, and garlic powder. Heat over medium, stirring often, until heated through.

3. Slice the green onions and jalapeño (if using).

4. Once the rice is cooked, build the bowls. Add one cup cooked rice, 1/2 cup warm black beans, 1/3 cup salsa, and 1 oz. shredded cheese (about 1/4 cup) to each bowl. Top with a few sliced green onions and jalapeños, then serve.

Get step by step photos & more:

<https://www.budgetbytes.com/poor-mans-burrito-bowls/>

CURRIED RED LENTIL AND PUMPKIN SOUP ❄️

SERVINGS
6 (1 ⅓ cup each)

PREP TIME
5 minutes

COOK TIME
25 minutes

TOTAL TIME
30 minutes

INGREDIENTS

1 Tbsp olive oil

1 yellow onion

2 cloves garlic

1 Tbsp grated fresh ginger

1 15oz. can pumpkin purée

1 cup dry red lentils

6 cups vegetable broth

1 Tbsp curry powder

INSTRUCTIONS

1. Dice the onion, mince the garlic, and grate the ginger (use a small hole cheese grater). Sauté the onion, garlic, and ginger in a large pot with the olive oil over medium heat until the onions are soft and translucent.

2. Add the pumpkin purée, red lentils, broth, and curry powder. Stir to combine.

3. Place a lid on the pot, turn the heat up to medium-high, and allow it to come to a boil. Once it reaches a boil, turn the heat down and simmer on low for 20 minutes, stirring occasionally. After 20 minutes the lentils should be soft and the soup slightly thickened.

4. Taste to adjust the curry powder or salt as needed, then serve.

Get step by step photos & more:

<https://www.budgetbytes.com/curried-red-lentil-and-pumpkin-soup/>

SKILLET CHEESEBURGER PASTA

SERVINGS
4

PREP TIME
10 minutes

COOK TIME
25 minutes

TOTAL TIME
35 minutes

INGREDIENTS

1 yellow onion

1 Tbsp olive oil

½ lb. lean ground beef

2 Tbsp all-purpose flour

1 8oz. can tomato sauce

2 cups beef broth

½ lb. small pasta shells

4oz. shredded cheddar

2 Tbsp hot dog relish

2 green onions

INSTRUCTIONS

1. Finely dice the onion. Add the olive oil, onion, and ground beef to a large deep skillet and sauté over medium heat until the beef is fully browned and the onion is soft and transparent. Drain off any excess fat, if needed.

2. Add the flour to the skillet and continue to stir and cook for one minute more. The flour will form a paste that may coat the bottom of the skillet. Be careful not to let the flour burn.

3. Add the tomato sauce, broth, and pasta to the skillet. Stir to combine the ingredients and dissolve any of the flour off the bottom of the skillet.

4. Place a lid on the skillet, turn the heat up to medium-high, and let the liquid come up to a boil. Once it reaches a boil, give it a quick stir, replace the lid, and turn the heat down to medium-low. Let the pasta simmer, stirring occasionally, for 10-12 minutes, or until the pasta is tender and the sauce has thickened. Turn the heat off.

5. Add the cheddar, a handful at a time, and stir until it has melted into the sauce. Stir the hot dog relish into the sauce and then top with sliced green onions. Serve hot.

Get step by step photos & more:

<https://www.budgetbytes.com/skillet-cheeseburger-pasta/>

SKILLET PINEAPPLE BBQ CHICKEN

SERVINGS
6

PREP TIME
5 minutes

COOK TIME
25 minutes

TOTAL TIME
30 minutes

INGREDIENTS

2 cups long grain white rice

1 Tbsp cooking oil

6 boneless skinned chicken thighs (about 2.3 lbs.)

1 pinch salt & pepper

1 20oz. can pineapple slices in juice

½ cup BBQ sauce

1 jalapeño (optional)

2 green onions (optional)

Get step by step photos & more:

<https://www.budgetbytes.com/skillet-pineapple-bbq-chicken/>

INSTRUCTIONS

1. Add the rice, salt, and 3 cups water to a medium sauce pot. Place a lid on top, turn the heat on to high, and allow the water to come up to a full boil. Once boiling, turn the heat down to low and let it continue to simmer for 15 minutes. After 15 minutes, turn the heat off and let it sit, with the lid in place, for an additional five minutes. Fluff just before serving.

2. Heat a large skillet over medium. Once hot add the cooking oil and swirl to coat the surface. While waiting for the skillet to heat, season both sides of the chicken thighs with a pinch of salt and pepper.

3. Once the skillet is hot and the oil is shimmering, add the chicken thighs and cook until golden brown on each side and cooked through. Remove the cooked chicken to a clean plate.

4. While the chicken is cooking, drain and reserve the juice from the canned pineapple slices.

5. After removing the chicken from the skillet, turn the heat down to low and add about 1/2 cup of the reserved pineapple juice. Stir to dissolve and loosen the browned chicken bits from the bottom of the skillet. Once everything has been loosened from the skillet, add the BBQ sauce and stir until a thick sauce forms. Taste the sauce and add salt if needed. If your sauce gets too thick, simply add another splash of the reserved pineapple juice. *Continued...*

- 6.** Add the cooked chicken thighs and pineapple slices to the skillet, dredging both sides in the pineapple BBQ sauce. Spoon any excess sauce over the chicken.

- 7.** Adjust your oven's rack so that the skillet will be about 6 inches from the broiler unit and turn the broiler on to high. Transfer the skillet to the oven and broil for about 5 minutes, or just until the BBQ sauce caramelizes on the edges of the chicken and pineapple. If you don't have an oven safe skillet** you can transfer the chicken, pineapple, and ALL of the sauce to a casserole dish for broiling, or skip the broiling step and enjoy as is.

- 8.** After broiling, sprinkle the sliced jalapeño and green onion over top, and then serve.

WEEKNIGHT PASTA SAUCE WITH SPAGHETTI ❄️

SERVINGS
4 (1 ¼ cups each)

PREP TIME
0 minutes

COOK TIME
40 minutes

TOTAL TIME
40 minutes

INGREDIENTS

½ lb. ground beef

1 Tbsp olive oil

1 yellow onion

2 Tbsp butter

1 28oz. crushed tomatoes

½ tsp Italian seasoning blend

Freshly cracked pepper

salt to taste

1 lb. spaghetti

Get step by step photos & more:

[https://www.budgetbytes.com/
the-best-weeknight-pasta-sauce/](https://www.budgetbytes.com/the-best-weeknight-pasta-sauce/)

INSTRUCTIONS

1. Add the ground beef and olive oil to a pot and sauté over medium heat until the beef is cooked through (about 5 minutes). If you're using a higher fat content beef (10% or higher), you may want to drain the excess fat once the beef has browned.
2. While the beef is cooking, finely dice the onion. Add the diced onion and butter to the cooked beef. Continue to sauté until the onion is soft and translucent (about 5 minutes).
3. Next, add the crushed tomatoes, Italian seasoning blend, and some freshly cracked pepper (10-15 cranks of a pepper mill). Stir everything to combine.
4. Place a lid on the pot and allow it to come up to a simmer. Once simmering, reduce the heat to low and let the sauce simmer for 30 minutes.
5. After a minimum of 30 minutes simmering, add about 1/2 tsp salt, stir to combine, then taste and add more if needed. The flavor of the sauce will deepen and the complexities will pop once the salt is added.
6. While the sauce is simmering, cook the spaghetti according to the package directions. Drain the spaghetti in a colander, then serve topped with the sauce.

SIMPLE HOMEMADE CHILI ❄️

SERVINGS
6 (1 cup each)

PREP TIME
5 minutes

COOK TIME
45 minutes

TOTAL TIME
50 minutes

INGREDIENTS

2 Tbsp olive oil

1 yellow onion

2 cloves garlic

1 lb. ground beef

1 15oz. can kidney beans

1 15oz. can black beans

1 15oz. can diced tomatoes

1 6oz. can tomato paste

1 cup water

CHILI SEASONING

1 Tbsp chili powder

1 tsp ground cumin

¼ tsp cayenne pepper

¼ tsp garlic powder

½ tsp onion powder

½ Tbsp brown sugar

1 tsp salt

½ tsp Freshly cracked black pepper

INSTRUCTIONS

1. Dice the onion and mince the garlic. Add both to a large pot with the olive oil and cook over medium heat until they are soft and translucent. Add the ground beef and continue to sauté until the beef is fully browned.

2. Drain the beans and add them to the pot along with the diced tomatoes, tomato paste, 1 cup water, and all of the ingredients for the chili seasoning. Stir until well combined. Place a lid on the pot and allow it to simmer over a low heat for at least 30 minutes, stirring occasionally (the flavor gets better the longer it simmers).

3. Give the chili one final taste, adjust the salt or seasonings if needed, then serve hot with your favorite toppings.

Get step by step photos & more:

<https://www.budgetbytes.com/basic-chili/>

SWEET CHILI CHICKEN STIR FRY BOWLS

SERVINGS
4

PREP TIME
15 minutes

COOK TIME
15 minutes

TOTAL TIME
30 minutes

INGREDIENTS

COCONUT RICE

1 ½ cups jasmine rice

1 clove garlic, minced

¾ tsp salt

1 13.5oz. can coconut milk

1 cup water

SWEET CHILI CHICKEN

2 boneless, skinless chicken breasts (about 1.3 lbs. total)

1 Tbsp cooking oil

1 cup sweet chili sauce

1 8oz. can pineapple tidbits in juice

1 lb. frozen broccoli

Get step by step photos & more:

<https://www.budgetbytes.com/sweet-chili-chicken-stir-fry-bowls/>

INSTRUCTIONS

1. Begin the coconut rice first. Add the jasmine rice, garlic, salt, coconut milk, and water to a sauce pot, then give it all a brief stir. Place a lid on the pot and bring it up to a boil over high heat. As soon as it reaches a full boil, turn the heat down to low and let it simmer for 15 minutes. After simmering for 15 minutes, turn the heat off and let it sit undisturbed, with the lid in place, for 5 minutes. Fluff the rice, and set it aside until ready to serve.

2. Prepare the frozen broccoli according to the package directions (drop in a pot of boiling water for 3-5 minutes, or until tender, then drain in a colander).

3. Next, prepare the chicken stir fry. Dice the chicken into 1-inch pieces. Season with a pinch of salt. Heat 1 Tbsp cooking oil in a large skillet over medium-high heat. Once hot, add the chicken and stir and cook until the chicken is cooked through and slightly browned on the outside.

4. Drain the can of pineapple, then add the pineapple to the skillet along with the sweet chili sauce. Stir and heat the sauce and pineapple through (about 2 minutes).

5. To serve, place about 1 cup rice in each bowl, add 1/4 of the sweet chili chicken mixture, and 1/3 of the broccoli. Enjoy immediately, or refrigerate until ready to serve. Lasts about 4 days in the refrigerator.

EASY CAULIFLOWER AND CHICKPEA MASALA

SERVINGS
4

PREP TIME
10 minutes

COOK TIME
30 minutes

TOTAL TIME
40 minutes

INGREDIENTS

2 cups long grain white rice

MASALA SPICE MIX

2 Tbsp garam masala

½ tsp ground cumin

½ tsp turmeric

½ tsp smoked paprika

¼ tsp cayenne

Freshly cracked pepper

SKILLET INGREDIENTS

1 yellow onion

3 cloves garlic

½ Tbsp grated fresh ginger

2 Tbsp olive oil

12oz. frozen cauliflower florets

1 15oz. can chickpeas, drained

1 15oz. can tomato sauce

¼ cup water

⅓ cup canned coconut milk

salt to taste

Get step by step photos & more:

<https://www.budgetbytes.com/easy-cauliflower-and-chickpea-masala/>

INSTRUCTIONS

1. Add the rice, salt, and 3 cups water to a medium sauce pot. Place a lid on top, turn the heat on to high, and allow the water to come up to a full boil. Once boiling, turn the heat down to low and let it continue to simmer for 15 minutes. After 15 minutes, turn the heat off and let it sit, with the lid in place, for an additional five minutes. Fluff just before serving.

2. In a small bowl, combine the spices for the masala spice mix (garam masala, cumin, turmeric, smoked paprika, cayenne, salt, and pepper).

3. Finely dice the onion, mince the garlic, and grate the ginger. Add all three to a large skillet along with the olive oil and sauté over medium heat until the onions are soft and translucent (about 3 minutes). Add the spice mix and continue to sauté for one more minute.

4. Add the frozen cauliflower florets to the skillet with the aromatics and spices, and continue to sauté for about 5 minutes more, or until the cauliflower have thawed through and are completely coated in spices.

5. Add the drained chickpeas, tomato sauce, and 1/4 cup water to the skillet. Stir to combine, then allow them to simmer over medium-low heat, stirring occasionally, for about 15 minutes. This will help mellow the acidity of the tomato sauce and allow the spices to blend. If the mixture becomes too dry as it simmers, add a couple more tablespoons of water.

6. After the sauce has simmered for 15 minutes, turn off the heat and stir in the coconut milk. Give the masala a taste and add salt as needed. Serve over rice.

ONE POT TERIYAKI CHICKEN AND RICE ❄️

SERVINGS
4 (about 2 cups each)

PREP TIME
5 minutes

COOK TIME
30 minutes

TOTAL TIME
35 minutes

INGREDIENTS

- 1 boneless, skinless chicken breast (about 2/3 lb.)**
- 1 Tbsp cooking oil**
- 2 cloves garlic minced**
- 1 tsp grated fresh ginger**
- 1 ½ cups jasmine rice (uncooked)**
- 2 ½ cups water**
- 12oz. frozen stir fry vegetables**
- ¼ cup soy sauce**
- 2 Tbsp brown sugar**
- 1 tsp toasted sesame oil**
- 2 green onions (optional)**

Get step by step photos & more:

<https://www.budgetbytes.com/one-pot-teriyaki-chicken-and-rice/>

INSTRUCTIONS

1. Cut the chicken breast into very small pieces, about 1/2 to 3/4-inch in size.
2. Add the cooking oil, garlic, and ginger to a large, deep skillet. Cook over medium heat for about 1 minute, then add the chicken pieces and continue to sauté just until the outside of the chicken is no longer pink. Do not over cook the chicken here, it will finish cooking with the rice.
3. Add the uncooked rice to the skillet and continue to sauté for 1-2 minutes more. You should hear the rice popping. Finally, add the water and give everything a brief stir to make sure there is no rice stuck to the bottom of the skillet.
4. Place a lid on the skillet, turn the heat up to medium-high, and allow the water to come to a full boil. Once boiling, turn the heat down to low and let it simmer for 10 minutes.
5. While the skillet is simmering over low, prepare the teriyaki sauce. In a small bowl, stir together the soy sauce, brown sugar, and toasted sesame oil. The brown sugar may not fully dissolve, but that's okay. Set the sauce aside.
6. After the rice has simmered for 10 minutes, lift the lid briefly to sprinkle the frozen vegetables on top, then replace the lid immediately. Make sure the vegetables are spread evenly over the surface. Let the skillet continue to heat over low for an additional five minute. *Continued...*

- 7.** After steaming the rice and vegetables together for 5 minutes, turn the heat off and let the skillet rest with the lid in place for an additional five minutes.

- 8.** Give the teriyaki sauce another brief stir, lift the lid on the skillet, and drizzle the sauce over the vegetables. Make sure to scrape out all the sugar from the bottom of the bowl. Using a spatula or large spoon, gently fold the rice and vegetables together until everything is mostly coated in the sauce. Make sure to scoop all the way to the bottom of the skillet when folding, as the sauce will sink to the bottom.

- 9.** Place the lid back on top and let the skillet rest for a final 5 minutes to let the flavor soak in (heat turned off). Sprinkle sliced green onions over top just before serving.

EASY ROSEMARY GARLIC WHITE BEAN SOUP ❄️

SERVINGS
4 (1 ¼ cups each)

PREP TIME
5 minutes

COOK TIME
25 minutes

TOTAL TIME
30 minutes

INGREDIENTS

2 Tbsp olive oil

4 cloves garlic

3 15oz. cans cannellini beans

**2 cups vegetable (or chicken)
broth**

½ tsp dried rosemary

¼ tsp dried thyme

1 pinch crushed red pepper

**Freshly cracked black pepper to
taste**

INSTRUCTIONS

1. Before you begin, pour one of the cans of cannellini beans (with its liquid) into a blender and purée until smooth. Drain the other two cans of beans.
2. Mince the garlic and add it to a soup pot with the olive oil. Sauté the garlic over medium for about one minute, or just until the garlic is very fragrant.
3. Add the puréed cannellini beans, the other two cans of drained beans, broth, rosemary, thyme, crushed red pepper, and some freshly cracked pepper. Stir to combine.
4. Place a lid on the pot, turn the heat up to medium-high, and bring the soup to a boil. Once boiling, turn the heat down to medium low, remove the lid, and allow it to simmer for 15 minutes, stirring occasionally.
5. Smash the beans slightly to thicken the soup even more. Taste the soup and add salt if needed (I did not add any, this will depend on the salt content of your broth). Serve hot, with crusty bread for dipping!

Get step by step photos & more:

<https://www.budgetbytes.com/easy-rosemary-garlic-white-bean-soup/>

GARLIC NOODLES WITH BEEF AND BROCCOLI

SERVINGS
4

PREP TIME
10 minutes

COOK TIME
15 minutes

TOTAL TIME
25 minutes

INGREDIENTS

- 4 Tbsp oyster sauce**
- 3 Tbsp butter, divided**
- 1 Tbsp soy sauce**
- 3 Tbsp brown sugar**
- 1 Tbsp toasted sesame oil**
- ½ lb. ground beef**
- 4 cloves garlic**
- ½ lb. frozen broccoli florets**
- 8oz. spaghetti**
- 4 green onions (optional)**
- 2 pinches crushed red pepper**

Get step by step photos & more:

<https://www.budgetbytes.com/garlic-noodles-with-beef-and-broccoli/>

INSTRUCTIONS

1. Melt 2 Tbsp butter in a bowl (microwave for about 20 seconds) then add the oyster sauce, soy sauce, brown sugar, and sesame oil. Stir to combine, then set the sauce aside.
2. Bring a large pot of water to a boil. Once it reaches a boil, add the spaghetti and continue to boil until the spaghetti is tender (about 7 minutes). Drain the spaghetti in a colander.
3. While the spaghetti is cooking, begin the beef and broccoli. Add the remaining tablespoon butter to a large skillet and melt over medium heat. Add the ground beef and continue to cook over medium heat until the beef is cooked through (5-7 minutes). If you're using a higher fat content beef, drain the fat before moving onto the next step (I used 10% fat and there wasn't enough to drain).
4. While the beef is cooking, mince the garlic. Add the garlic to the skillet with the browned beef and continue to cook over medium heat for 1-2 minutes more, or until the garlic has softened slightly.
5. Add the frozen broccoli florets to the skillet with the beef and garlic. Continue to sauté over medium heat just until the broccoli is no longer frozen. The broccoli will continue to cook in the next steps, so it does not need to be completely heated through at this point.
6. Finally, add the cooked and drained pasta and the prepared sauce to the skillet with the beef and broccoli. Continue to cook and stir until everything is combined, coated in sauce, and heated through.
7. Slice the green onions and sprinkle over top just before serving, along with a pinch of crushed red pepper flakes, if desired.

SLOW COOKER WHITE CHICKEN CHILI ❄️

SERVINGS
6 (1 ½ cups each)

PREP TIME
15 minutes

COOK TIME
4 hours

TOTAL TIME
4 hours 15 minutes

INGREDIENTS

- 1 yellow onion
- 2 cloves garlic
- 1 jalapeño (optional)
- 1 boneless, skinless chicken breast (about 3/4 lb.)
- 1 16oz. jar salsa verde
- 2 15oz. cans cannellini beans
- 1 15oz. can pinto beans
- 1 Tbsp ground cumin
- 1 tsp dried oregano
- ¼ tsp cayenne pepper
- ¼ tsp freshly cracked black pepper
- 2 cups chicken broth
- 4 oz. Monterey jack cheese

Get step by step photos & more:

<https://www.budgetbytes.com/slow-cooker-white-chicken-chili/>

INSTRUCTIONS

1. Dice the onion and mince the garlic. Slice the jalapeño lengthwise, scrape out the seeds with a spoon, then dice. Place the onion, garlic, jalapeño, and chicken breast in the bottom of a slow cooker.
2. Drain and rinse the cannellini beans and pinto beans, then add them to the slow cooker, along with the cumin, oregano, cayenne, and freshly ground black pepper. Pour the salsa over top.
3. Pour two cups of chicken broth over the contents in the cooker and then give everything a brief stir. Place the lid on the slow cooker and cook on high for four hours, or on low for eight hours.
4. After four hours on high, or eight hours on low, carefully remove the chicken breast from the slow cooker and use two forks to shred the meat. Return the meat to the slow cooker. Stir the chili, slightly mashing the beans with the back of the spoon as you stir. The mashed beans will help thicken the chili.
5. Serve the chili topped with shredded Monterey Jack cheese. Other optional toppings include fresh cilantro, diced avocado, freshly squeeze lime, or tortilla chips.

NOTE: If you don't have a slow cooker, let the chili simmer over low heat for one hour on the stove top, or until the chicken is shreddable.

TURKEY TACO SKILLET ❄️

SERVINGS
4 (1 ½ cups each)

PREP TIME
5 minutes

COOK TIME
12 minutes

TOTAL TIME
17 minutes

INGREDIENTS

TACO SEASONING

1 Tbsp chili powder

1 tsp smoked paprika

1 tsp ground cumin

**¼ tsp cayenne pepper
(optional)**

½ tsp dried oregano

½ tsp salt

¼ tsp freshly cracked pepper

TACO SKILLET

1 Tbsp cooking oil

1 lb. ground turkey

1 yellow onion

**1 10oz. can diced tomatoes with
green chiles**

1 15oz. can black beans

1 cup frozen corn

½ bunch green onions (optional)

8 corn tortillas

INSTRUCTIONS

1. Combine the spices for the homemade taco seasoning, then set the seasoning aside.
2. Add the cooking oil and ground turkey to a large skillet. Begin to cook the turkey over medium heat, breaking it up into pieces as it cooks.
3. While the turkey is cooking, dice the onion. Add the onion to the skillet with the turkey and continue to stir and cook until the onions are soft. Add the prepared taco seasoning, then continue to stir and cook for 1-2 minutes more.
4. Drain the black beans then add them to the skillet with the diced tomatoes (with juices) and frozen corn (no need to thaw). Stir the ingredients in the skillet to combine, then heat through over medium.
5. While the mixture is heating, slice the green onions. Stir the green onions into the skillet just before serving.

NOTE: You can use store bought taco seasoning if you do not have a well stocked spice cabinet.

Get step by step photos & more:

<https://www.budgetbytes.com/turkey-taco-skillet/>

NO-KNEAD FOCACCIA ROLLS ❄️

SERVINGS
12 rolls

PREP TIME
18 hours

COOK TIME
25 minutes

TOTAL TIME
18 hours 25 minutes

INGREDIENTS

4 cups all-purpose flour

½ Tbsp salt

¼ tsp instant yeast

2 cups water

2 Tbsp olive oil

2 Tbsp Italian seasoning blend

Get step by step photos & more:

<https://www.budgetbytes.com/focaccia-rolls/>

INSTRUCTIONS

1. The day before (about 18 hours ahead of time) combine the flour, salt, and yeast in a large bowl. Stir until well mixed. Add the water, starting with 1 ½ cups, and add a little more at a time until the flour forms a cohesive, sticky ball. There should not be any dry flour left on the bottom of the bowl. The total amount of water you'll need will vary, but should be between 1 ½ to 2 cups.

2. Loosely cover the bowl with plastic wrap and let it sit at room temperature for 16-18 hours to ferment.

3. After 16-18 hours, the dough will look like a large, bubbly mass. Sprinkle with enough flour to be able to scrape it out of the bowl without it sticking to your hands. Place the dough on a well floured surface. Cut the dough into 12 pieces. Shape each piece into a small ball. The dough will be quite wet, floppy, and sticky, so sprinkle liberally with flour as you work.

4. Place the rolls on a baking sheet covered in parchment. Brush the top of each lightly with olive oil. Sprinkle the Italian seasoning over top. Let rise for 30 minutes to one hour or until doubled in size.

5. While the rolls are still rising, preheat the oven to 425°F. Once it is fully preheated, place the rolls in the oven and bake until the surface is a light golden brown (about 25 minutes). Serve warm!



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