

Week of Dinners — Free Sample

Family of 4 · Budget about \$125 · Typical US grocery store · About 30–45 min per night

Prices are rough estimates and vary by region and store.

The week

Day	Dinner	Side	Leftover plan
Mon	Sheet-pan chicken thighs, potatoes, carrots	Green salad	Extra chicken → Tue
Tue	Chicken quesadillas	Black beans, salsa	—
Wed	Spaghetti with meat sauce	Garlic bread, salad	Extra sauce → freeze
Thu	Black bean & rice burrito bowls	Corn, cheese, sour cream	Extra rice → Fri
Fri	Fried rice with eggs & frozen veggies	—	—
Sat	Homemade pizza (store dough)	Salad	—
Sun	Slow-cooker chili	Cornbread	Extra chili → lunches

Prep tips

- Sunday: cook a big pot of rice (Thu + Fri), brown beef for both spaghetti and chili.
- Mon: roast 4 lb of thighs; save ~1.5 lb for quesadillas.

Grocery list (by aisle)

Produce — potatoes 5 lb \$4 · carrots 2 lb \$2 · onions 3 lb \$3 · garlic \$1 · bagged salad x3 \$9 · lime x2 \$1 · bell peppers x2 \$3 **Meat** — chicken thighs 4 lb \$10 · ground beef 3 lb \$15 **Dairy & eggs** — shredded cheese 2 lb \$9 · sour cream \$2.50 · eggs dozen \$3.50 · butter \$4 **Bakery** — tortillas 20 ct \$4 · French bread \$3 · pizza dough x2 \$5 **Canned & dry** — black beans x4 \$4 · kidney beans x2 \$2 · crushed tomatoes x2 \$3 · pasta sauce x1 \$3 · diced tomatoes x2 \$2 · spaghetti 2 lb \$3 · rice 5 lb \$5 · cornbread mix x2 \$2 · salsa \$3 · pizza sauce \$2 · chili seasoning \$1.50 · soy sauce \$2.50 **Frozen** — mixed veggies 2 bags \$4 · corn \$2 **Other** — pepperoni \$4 · cooking oil (if needed) \$4

Estimated total: ~\$124

Want to plan your own weeks?

The **Week of Dinners Planner System** gives you the blank sheets used to build this: preference sheet, 7-day grid, aisle list, and budget tracker. Reuse it every week.