

Frugal Mom Menu

Sample Menu



This budget-conscious subscription features weekly menu plans that are geared toward moms trying to save as much as possible on their grocery bill. The menus strive to keep the grocery cost between \$70-90 for 5 dinners that feed 6. Each menu includes a cost analysis and a grocery list. *Note that these menus do not include nutritional data.*

Features:

- Cost analysis of each meal
- Coded grocery list for easy substitutions
- Color photos
- PDF file emailed weekly includes recipes and grocery list

To order the Frugal Mom Menu, visit:

http://www.menus4moms.com/amember/signup.php?price_group=7

Sample Frugal Mom Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Roast with Gravy – M1 Smashed Potatoes – M2 Mixed Vegetables – M3	Spanish Chicken Skillet – Tu1 Yellow Rice – Tu2 Zucchini – Tu3	Quesadilla Casserole – W1 Broccoli – W2	Cantonese Dinner – Th1 Rice – Th2 Stir Fry Vegetables – Th3	Fettuccini with Tomato Basil Sauce – F1 Green Salad – F2

Dessert (not on shopping list): Baked Bananas



Monday:

Pork Roast with Gravy
Smashed Potatoes
Mixed Vegetables

Pork Roast with Gravy

- 3 lb. boneless pork roast
- meat tenderizer to taste
- 1/4 C cornstarch
- 1 C water

Sprinkle meat tenderizer on pork roast to your amount of preference. Place roast in a crockpot, cover and cook on low for about 8 hours or until cooked through. Remove roast to a platter and slice. Set aside. Mix cornstarch and water and set aside. Strain juice from the crockpot to remove any fat or pork pieces. Pour juices into a saucepan. Add cornstarch / water mixture to saucepan and whisk together. Cook gravy on low, stirring constantly until it is smooth and the consistency you want.

Smashed Potatoes

- 2 lbs small new potatoes
- Butter as needed
- Milk* or buttermilk as needed
- Salt to taste

Wash potatoes well leaving skins on. Boil potatoes in a pan for 20 minutes or until tender. Drain and mash to desired consistency adding butter, milk and salt to taste.

Mixed Vegetables

Cost Analysis: **Pork Roast with Gravy**=about \$14.97 for entire dish, about \$2.50 per serving
Smashed Potatoes= about \$3.99 for entire dish, about 67 cents per serving
Mixed Vegetables= about \$2.69 for entire dish, about 45 cents per serving
Entire Meal= approximately \$21.65 for entire meal, about \$3.61 per person

Frugal Mom Menu



Tuesday:

Spanish Chicken Skillet
Yellow Rice
Zucchini

Spanish Chicken Skillet

- ¼ C flour
- 2 tsp paprika
- 1 tsp thyme
- Salt and pepper, to taste
- 6 boneless skinless chicken pieces
- Oil as needed
- 1 green bell pepper, cut into thin strips
- 1 onion, cut into wedges
- 1 (15 oz) can diced tomatoes
- ½ C chicken broth
- ½ tsp crushed red pepper flakes

Mix flour with paprika, thyme, salt and pepper. Rub chicken with a small amount of the flour and set the remaining flour mixture aside. Cook chicken in a large skillet in oil until browned on both sides. Remove chicken and set aside. Add bell pepper and onion to skillet and cook until tender. Stir in tomatoes, broth and remaining flour mixture. Bring to a boil, stirring often. Stir in red pepper. Return chicken to the skillet. Reduce heat to low, cover and simmer 10 minutes or until chicken is cooked through.

Yellow Rice

Zucchini

Cost Analysis: Spanish Chicken Skillet = about \$14.13 for entire dish, about \$2.36 per serving
Yellow Rice = about \$3.38 for entire dish, about 56 cents per serving
Zucchini = about \$1.78 for entire dish, about 30 cents per serving
Entire Meal = approximately \$19.29 for meal, about \$3.22 per person

Frugal Mom Menu



Wednesday:

Quesadilla Casserole
Broccoli

Quesadilla Casserole

- 1 lb. ground beef
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 (8 oz) cans tomato sauce
- 1 (15 oz) can black beans or homemade equivalent, drained and rinsed
- 1 (15 oz) can corn, undrained
- 1 (4 oz) can diced green chilies
- 2 tsp chili powder
- 1 tsp cumin
- ½ tsp oregano
- ½ crushed red pepper flakes
- Nonstick cooking spray
- 6 flour tortillas, medium size
- 2 C cheddar cheese, shredded

In a skillet brown ground beef, onion, and garlic; drain off any fat. Add tomato sauce, beans, corn, green chilies, chili powder, cumin, and oregano. Mix well and turn heat to low and simmer for 5 minutes. Stir in red pepper and place a small amount of meat mixture into a 9 x 13 inch baking dish that has been sprayed with nonstick cooking spray. Add 3 tortillas to the dish and top with ½ of the meat mixture, then layer remaining tortillas and meat mixture. Top with all of the cheese. Bake in a 350 degree oven for 15-20 minutes or until heated through.

Broccoli

Cost Analysis: Quesadilla Casserole =about \$16.53 for entire dish, about \$2.76 per serving
Broccoli=about \$2.99 for entire dish, about 50 cents per serving
Entire Meal=approximately \$19.52 about \$3.25 per person



Thursday:

Cantonese Dinner
Rice
Stir Fry Vegetables

Cantonese Dinner

- 2 lbs pork, cut into bite sized pieces
- 2 Tbsp. oil
- 1 onion, sliced
- 1 green pepper, sliced into rings
- 1 C mushrooms, sliced
- 1 (8 oz) can tomato sauce
- 1/4 C brown sugar
- 2 Tbsp apple cider vinegar
- 2 tsp. Worcestershire sauce

Brown pork in a skillet in hot oil. In a large casserole dish combine meat with all remaining ingredients and mix well. Cover and bake at 325 degrees for 1 1/2- 2 hours or until done. Serve over rice.

Rice

Stir Fry Vegetables

Cost Analysis: Cantonese Dinner= about \$12.65 for entire dish, about \$2.11 per serving
Rice= about \$2.59 for entire dish, about 43 cents per serving
Stir Fry Vegetables= about \$2.50 for entire dish, about 42 cents per serving
Entire Meal= approximately \$17.74 for meal, about \$2.96 per person

Frugal Mom Menu



Friday:

Fettuccini with Tomato Basil Sauce
Green Salad

Fettuccini with Tomato Basil Sauce

- 1 medium onion, chopped
- 1 clove garlic, minced
- ¼ C oil
- 1 (28 oz) can whole tomatoes, broken up but undrained
- 6 basil leaves, chopped
- Salt and pepper, to taste
- 12 oz. fettuccine, cooked and kept warm
- Parmesan cheese for garnish

In a large skillet heat the oil and sauté the onion and garlic until tender. Add the tomatoes, basil, salt and pepper. Simmer covered for 20 minutes. Serve sauce over the fettuccini with parmesan cheese for garnish if desired.

Green Salad

Cost Analysis: **Fettuccini with Tomato Basil Sauce**=about \$7.15 for entire dish, about \$1.19 per serving
Green Salad =about \$1.99 for entire dish, about 33 cents per serving
Entire Meal=approximately \$9.14 for entire meal, about \$1.52 per person

Dessert:



Baked Bananas

- 8 firm bananas, peeled
- 6 Tbsp. butter, melted
- 2 cups fine bread crumbs
- 1/2 cup brown sugar

Slice bananas in half length-wise. Dip each half in melted butter and roll in bread crumbs. Place in a greased 9x9" pan and sprinkle with brown sugar to taste. Bake at 350 degrees until bananas are soft and lightly browned (about 15 minutes). Serve warm.

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Sample Menu Shopping List

Beans

Black Beans, Can, 15 Oz - W1 1@ 1.29

Canned Vegetables

Corn, 15 Oz Can - W1 1@ 1.59
Diced Tomatoes-14.5 Oz - Tu1 1@ 1.69
Whole Tomatoes, 28 Oz, Canned - F1 1@ 2.39

Cheese

Cheddar, Shredded, 2 Cups - W1 1@ 3.29

Ethnic Food

Flour Tortillas, 8 Count - W1 1@ 1.79
Green Chiles, 4 Oz Can, Diced - W1 1@ 1.69

Frozen Vegetables

Mixed Vegetables 16 Oz - M3 1@ 2.69
Stir Fry Vegetables, 16 Oz - Th3 1@ 2.50

Meat

Chicken Bl/sl, 6 Pieces - Tu1 1@ 8.97
Ground Beef, 1 Lb - W1 1@ 3.69
Pork Roast, Boneless, 3 Lbs - M1 1@ 14.97
Pork, 2 Lbs - Th1 1@ 7.98

Pasta / Rice

Fettuccine - F1 1@ 1.49
Rice, White, 1 Lb. - Th2 1@ 2.59
Yellow Rice Mix, 8 Oz - Tu2 2@ 1.69

Sauces

Tomato Sauce 8 Oz - W1, Th1 3@ 0.80

Soup

Chicken Broth - Tu1 1@ 1.59

Vegetables

Basil, Fresh - F1 1@ 1.99
Broccoli, 1 Lb - W2 1@ 2.99
Garlic Cloves - W1, F1 1@ 0.89
Green Peppers - Tu1, Th1 2@ 0.89
Lettuce Salad Mix, 10 Oz - F2 1@ 1.99
Mushrooms, Sliced - Th1 1@ 1.99
Red Potatoes, 2 Lb. Bag - M2 1@ 3.99
White Onions (1) - Tu1, W1, Th1, F1 4@ 0.99
Zucchini (each) - Tu3 2@ 0.89

Pantry

Apple Cider Vinegar - Th1
Brown Sugar - Th1
Butter - M2
Chili Powder - W1
Cornstarch - M1
Cumin - W1
Flour - Tu1
Meat Tenderizer - M1
Milk - M2
Nonstick Cooking Spray - W1
Oil, Cooking - Tu1, Th1, F1
Oregano - W1
Paprika - Tu1
Parmesan Cheese - F1
Pepper, Black - Tu1, F1
Red Pepper Flakes - Tu1, W1
Salad Dressing - F2
Salt - M2, Tu1, F1
Thyme - Tu1
Worcestershire Sauce - Th1

Approximate Total: \$87.00

**A word about the grocery lists: The prices on the grocery list are approximate. We do not encourage people to pay the prices listed, but rather to shop bargains and stock up when items are inexpensive so that you can pull them from your pantry (including freezer) when you need them. For more information about this money-saving way of shopping, read http://www.menus4moms.com/articles/pantry_list.php on Menus4Moms.com.*