

# 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 \$50-70 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:

- Ad-free
- Cost analysis of each meal
- 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](http://www.menus4moms.com/amember/signup.php?price_group=7)

## **Monday**

Vegetables Alfredo Tortellini  
Homemade Garlic Toast

## **Tuesday**

Crockpot Roast Chicken  
Green Beans  
Spaghetti with Parsley and Butter

## **Wednesday**

Breaded Chicken Breast Filets  
Noodle Rice Pilaf  
Broccoli

## **Thursday**

Cheeseburger Casserole  
Carrots

## **Friday**

Homemade Pizza

## Monday:

### Notes:

1. You can use any kind of frozen vegetable you happen to have on hand for this recipe, my family prefers a chunky type over the small diced.
2. I love tortellini however buying it frozen or fresh can be a little bit pricy so when I saw dry tortellini for almost half the price I decided to give it a try.

### Vegetable Alfredo Tortellini



Yield=6 servings

- 1 package frozen mixed vegetables of your choice, prepared and kept warm
- 1 jar alfredo sauce or homemade equivalent
- 8 oz package dry cheese tortellini

Prepare tortellini according to package directions. While pasta cooks heat alfredo sauce and gently fold in vegetables. Serve sauce and vegetable mixture over tortellini.

### Homemade Garlic Bread Spread

- 1/2 C. margarine, softened
- 2-3 Tbsp. Minced garlic
- Dry Parsley to taste

Combine all ingredients. I usually keep a container of this in the refrigerator to have on hand.

**To make garlic toast:** Spread on your choice of bread and toast under the broiler or in a toaster oven for a couple minutes until toasted to your family's preference.



**Cost Analysis: Vegetable Alfredo Tortellini**=\$4.65 for entire dish, about 78 cents per serving

**Homemade Garlic Bread Spread**= less than 60 cents

**Entire Meal**=approximately \$5.25, about 87 cents per person

## Tuesday:

### Notes:

1. I look for whole chickens on sale and find them on sale quite frequently on sale for between 59 cents- 89 cents a pound, it averages out to about \$3.00 per chicken.



### Crockpot Roast Chicken

Yield=6 servings

- 1 (3 lb.) whole broiler-fryer chicken
- 2 tsp. salt
- 1/2 tsp. coarse black pepper
- Seasoning salt to taste-I used Mrs. Dash
- 3 Tbsp. margarine

Wash chicken and pat dry. Place in crockpot and season. Place pats of margarine on top o of chicken. Cover and slow cook 8 to 10 hours or until cooked through. This chicken may fall apart when you remove it because cooking it this way makes it very tender.

### Green Beans

Yield: 6 Servings

- 1 pound fresh green beans, steamed

Feel free to substitute canned or frozen green beans if that is what you have on hand; I came across fresh green beans at the 99 cent store so I leapt at the chance to put fresh green beans on the table at a lower price than normal, my grocery store price is 2.99 a pound so I used that in the cost analysis.

### Spaghetti with Parsley and Butter

Yield =6 servings

- 1lb. spaghetti , cooked and still hot
- 5-6 Tbsp. margarine, melted
- 1-2 Tbsp. dry parsley

Mix all ingredients together and serve.



**Cost Analysis: Crockpot Roast Chicken**=about \$4.00, about 67 cents per serving

**Green beans**= about \$2.99

**Spaghetti with Parsley and Butter**=about \$1.25

**Entire Meal**=approximately \$8.24 for meal, about \$1.38 per person

## Wednesday:

### Notes:

If you feel it's less expensive you can make your own breaded chicken. I looked at the price for a bag of breaded chicken and it was \$8.99 for 24 oz at my local grocery store. I used that price in the cost analysis because I did not have a better price to go by. I used breaded chicken I had in the freezer from Angel Food Ministries.

### Breaded Chicken Breast Fillets

Prepared according to package directions.



### Noodle Rice Pilaf

Yield=6 servings

- ¼ C. margarine
- 1 C. white rice
- ½ C. angel hair pasta, broken into 1-2" pieces
- 2 ¾ C water
- 1 Tbsp. Chicken bouillon powder or 1 cube chicken bouillon
- 2 Tbsp. Parsley
- Garlic powder to taste
- Onion powder to taste

Melt margarine in a sauce pan and add rice and noodles, browning slightly. Add water, chicken flavoring and seasonings. Bring to a boil, cover and simmer for about 20-25 minutes or until done and most of the liquid has been absorbed.

### Steamed Broccoli

- 1- 16 oz. package frozen broccoli cuts, steamed

### Baked Spaghetti Squash

This was another 99 cent store purchase. At my local grocery store squash is averaging \$1.69 a pound so I used that price in my cost analysis.

- 1-3 lb spaghetti squash
- 3-4 Tbsp. margarine



Split Spaghetti squash in half and scoop out seeds. Place cut side down in a baking dish and cook at 375°F for 30-40 minutes or until tender. When done cool slightly and scrap out insides, they will look like stands of spaghetti. Toss with margarine and serve.

**Cost Analysis: Breaded Chicken Breast Filets**=\$8.99 for 24 oz, about \$2.25 per serving

**Noodle Rice Pilaf**= about \$1.23 for entire dish, about 8 cents per serving

**Broccoli**=about \$2.00

**Baked Spaghetti Squash**= about \$5.07

**Entire Meal**=approximately \$17.29 for meal at the most expensive prices, about \$2.88 per

person

## Thursday:

### Notes:

1. I purchased the sweet peppers at the 99 cent store for 3 for \$1.00 making them 33 cents a piece. I know that not everyone will be able to find them for that price so I will use my local grocery stores current price of \$1.00 a piece in the cost analysis. I also purchased the fresh mushrooms at the 99 cent store for \$1.00; my local grocery store is currently selling them for 3.49 a package, so I will use the grocery stores price in my calculations.
2. In recipes that contain ground beef you may notice that I have my ground beef in plastic bags. I buy my ground beef in bulk at around 99 cents a pound if I purchase 20 pounds or more. I bring it home, repackage it and freeze it in one pound portions. I've found that doing it this way helps to cut my costs.



### Cheeseburger Casserole

- 1 pound ground beef
- 2 sweet peppers any color, chopped
- 1/2 cup onion
- 2 cups shredded cheddar cheese
- 2 cups elbow macaroni noodles
- 1 package fresh mushrooms, sliced

Cook beef until brown. Add onion and peppers. Bring noodles to boil. Drain. Mix all ingredients except mushrooms and spread in an 8-inch by 12-inch baking dish. Top with mushrooms. Bake at 350°F for 30 minutes until mushrooms are cooked through and cheese is melted.

### Carrots

Chop carrots into bite size pieces and cook by steaming or boiling until tender.



**Cost Analysis: Cheeseburger Casserole**=about \$12.88, about \$2.15 per serving

**Carrots**= about \$1.00

**Entire Meal**=approximately \$13.88 for meal, about \$2.31 per person

## Friday:

### Notes:

1. I included only the ingredients need to make a cheese pizza in the grocery list and left the toppings up to each family. I used pepperoni, baby spinach leaves, and sliced mushrooms all from the 99 cent store, so my personal cost was \$3.00 more that what is reflected on the cost analysis. This recipe makes 6 nice sized slices so if you know that your family will eat more than one slice you may want to double the recipe and make 2 pizzas.
2. One of the best investments I ever made was buying an automatic bread maker 8 years ago at a garage sale for \$10.00. I used it to make my pizza dough for tonight's pizza. If you do not have a bread maker you can substitute purchased pizza dough or another homemade recipe.

### Homemade Pizza

#### Bread Maker Pizza Dough

#### Ingredients for one 12-14 inch crust:

- 3/4 cup water (80-90°F)
- 2 tablespoons oil
- 2 cups bread flour
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1 1/2 teaspoons yeast



Add water and to pan. Add flour, sugar, and salt. Tap pan to settle dry ingredients, then level ingredients, pushing some of the mixture into corners, to cover water. Make a well in center of dry ingredients; add yeast. Lock pan into bread maker. Program for dough and start bread maker. When done, remove pan from bread maker. Place dough onto floured surface. Knead 1 minute, then let rest 15 minutes. Roll dough out to fit 12-14 inch pizza pan. Place dough onto greased pan which has been sprinkled with cornmeal. Press dough into pan, forming an edge. Let rise in warm draft free place for 20-25 minutes. Spread pizza sauce evenly over crust, then top with cheese and any toppings you wish to use. Bake in preheated 425 degree oven for 20-25 minutes or until nicely browned on top. Let rest 5 minutes and then slice into pieces.

#### Cost Analysis: Homemade Pizza

Entire Meal=about \$3-4 per pizza

## Sample Menu Shopping List

### Baking Products

Bread flour, 5 pounds 1@ 3.49

### Bread

Bread 1@ 2.00

### Cheese

Cheddar, shredded - 2 c. 1@ 2.50  
Mozzarella cheese, shredded – 2 c. 1@ 2.50

### Dairy/spreads

Margarine 1@ 1.00

### Frozen Vegetables

Mixed vegetables 16 Oz 1@ 1.15  
Broccoli cuts 16 Oz 1@ 2.00

### Meat

Hamburger 1@ 2.89  
Whole chicken, 3 lbs 1@ 3.00  
Breaded chicken fillets, frozen 1@ 8.99

### Pasta / Rice

Dry cheese tortellini 1@ 1.50  
Spaghetti 1 Lb 1@ 1.00  
Angel hair pasta 1@ 1.00  
Elbow macaroni 1 Lb 1@ 1.00  
Rice, white, 1 lb. 1@ 1.00

### Sauces

Alfredo sauce 1@ 2.00  
Pizza/spaghetti sauce 1@ 1.00

### Vegetables

Carrots 1@ 1.00  
Mushrooms, whole 1@ 3.49  
Green peppers 2@ 1.00  
Spaghetti squash-1 lb 3@ 1.69  
Garlic cloves 1@ 0.75  
White onion 1@ 0.49  
Green beans, 1 lb. 1@ 2.99

### Pantry

Onion powder, dry  
Parsley  
Seasoning salt  
Vegetable oil  
Pepper, black  
Salt  
Chicken bouillon  
Garlic powder, dry  
Sugar  
Yeast

Approximate Total: \$55.00

*\*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 [The Well-Stocked Pantry](#) on Menus4Moms.com.*