

# Frugal Family Grocery List

## Pantry Staples

1 lb. dry kidney beans  
1 lb. dried brown lentils  
large bag of long-grain white rice  
olive oil  
vegetable oil  
coconut oil  
bay leaves  
dried parsley  
dried thyme  
dried sage  
cayenne pepper  
cajun seasoning  
dried turmeric  
dried Italian seasoning  
dried red pepper flakes  
dried chili powder  
dry ranch seasoning mix  
cumin seeds  
coriander seeds  
salt  
black pepper  
sugar  
light brown sugar  
large bag of flour  
powdered milk  
yeast  
baking powder  
baking soda  
4 (32 oz carton) chicken stock (if you don't make your own)  
mayonnaise  
3 cans of tuna  
Italian breadcrumbs (if you don't have stale bread)  
28 oz crushed tomatoes  
15 oz can of coconut milk  
stale bread  
24 oz. tomato passata  
BBQ sauce  
apple cider vinegar  
yellow mustard  
Worcestershire sauce  
small can of tomato paste  
1 (14.5 oz) can of fire-roasted diced tomatoes

## Meat , Dairy, and Produce

4 onions  
1 green bell pepper  
1 bunch of celery  
2 heads of garlic  
1 lemon  
1 small knob of ginger  
1 small container of cherry tomatoes  
1 bag of carrots  
1 small bunch of cilantro  
1 lb. unsalted butter  
1 small carton of buttermilk  
1 small carton of heavy cream  
1 carton of eggs  
1 small wedge of Parmesan  
1 lb. andouille sausage  
2 rotisserie chickens  
3 lbs ground beef (or more if you want to double anything)  
1 (4 lb.) pork shoulder roast (bone-in, if possible)  
1 bag frozen peas  
1 bag frozen corn  
1 bag of frozen succotash (corn and lima beans)

# 10 Frugal Family Dinners from Pantry Staples (Cheat Sheet)

Day 1: Sheet Pan Hamburgers with Buns

→ Plan to purchase a large amount of ground beef for these meals. Hunt the sales! Double the buns for Pulled Pork Sandwiches.

Day 2: Red Beans and Rice

→ Cook extra rice and chop extra carrots, onions and celery for Lentil Curry.

Day 3: Chicken Salad with Crackers

→ Save dark meat for Chicken Pot Pie Soup; save bones for broth in Chicken Pot Pie Soup and Lentil Curry.

Day 4: Chicken Pot Pie Soup

→ Chop extra carrots, onions and celery and freeze portions (or put in fridge) for Lentil Curry and Brunswick Stew.

Day 5: Fried Tuna Cakes

→ Use up any stale bread as a binder.

Day 6: Homemade Hamburger Helper

→ Plan to buy ground beef in bulk – save half for meatballs.

Day 7: Lentil Curry with Rice

→ Freeze leftovers for a quick future meal.

Day 8: Spaghetti and Meatballs

→ Double the sauce and the meatballs and freeze half for a future pasta night.

Day 9: BBQ Pulled Pork Sandwiches

→ Reserve meat and bone for tomorrow's stew.

Day 10: Brunswick Stew

→ Use up the leftover pork, bone broth, and frozen veggies.



Tips to Remember:

- 10 dinners are a lot, and can cover your family's dinners for 2 weeks (or maybe more); be sure to plan accordingly, freezing what will go bad quickly.
- You can save a tremendous amount by shopping the sales.
- Many of these dinners make excellent freezer meals.
- Dice extra veggies, make double dinner rolls, and cook extra rice. If you can see the succession of meals, you have a better chance of saving yourself time in the future. That's smart cooking!
- Store stale, unwanted bread in freezer bags in the freezer for meatballs and tuna cakes.
- Notice how large the pantry list is. If you keep a well-stocked pantry, you may already have the majority of these items!
- Note: The list does not include any side dishes you may want.