
\$5 Dinner Cheat Sheet

— 25 \$5 Dinners —
with 12 Side Dishes

The Tiny Twenty-Something
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\$5 Dinners

Soup/Pasta

- Crockpot Chicken Soup– This amazing crockpot chicken soup cost less than \$10 to make and comes out to be \$2 per serving.
- Best Homemade Beef Stew– Best Beef Stew Ever! Healthy, delicious and makes for \$2 per serving. This is a stew you are sure to want to eat again and again!
- Cream of Potato Soup– Chilly evenings call for cream based soups.
- Cream of Broccoli Soup
- Chicken & Dumplings
- Baked Ziti– a classic that my husband loves in our meal rotation.
- Chicken Alfredo– This chicken Alfredo recipe is easy and versatile.

Chicken

- Fried Chicken drumsticks
- BBQ Chicken drumsticks
- Chicken Breasts- baked and served with my basic “fixings” of green beans, carrots, potatoes or pasta.
- Homemade Chicken Nuggets

Pork

- Pork Loin and fixings– simple, delicious and affordable- not to mention filling and healthy.
- Pork Chops and Fixings
- Pulled Pork Sandwiches

Beef

- Meatloaf & Fixings– great homemade recipe that I learned from my mom.
- Spaghetti
- Burgers- simple and something my husband enjoys making on the BBQ

\$5 Dinners

Mexican

- Turkey Tacos
- Beef Tacos
- Chicken Fajitas

Italian

- Spaghetti
- Chicken Alfredo with bacon and peas (optional)
- Lasagna- frozen lasagna technically comes out to about \$3 per servings
- Tortellini (with sausage or ground beef)

Miscellaneous

- Beans and Rice *and with variations!
- 3 Ingredient Sloppy Joes– I enjoy making it with ground turkey rather than beef. It has a lighter feeling to it- but just as filling. \$3!
- Grilled Cheese and tomato soup
- Quesadillas
- Breakfast: French Toast, bacon and orange juice

Side Dishes

the perfect way to anchor down the cost of a \$5 dinner

1. Mashed Potatoes: any potato, butter, splash of milk, salt, pepper, garlic (optional: 1/2 sautéed onion) \$2
2. Baked Potatoes: gold and red potato medley, salt, pepper, paprika, olive oil and garlic. Bake 425 for 25 min.
3. Green Beans: 1 can or handful seasoned with salt, pepper, butter and garlic. \$1
4. Oven-roasted Mixed Veggies: carrots, onions, red and yellow potatoes, garlic, drizzled with olive oil and seasoned with salt, pepper and paprika \$1
5. Steamed/Boiled Carrots: might sound a little icky, but it's just to the point that they aren't hard as a rock. Cook with a little bit of water, 2 TBS of butter, a few cloves of garlic, salt and pepper and viola! It's a delicious side dish.
6. Brown Sugar Baby Carrots: Not my idea of a healthy side dish, it tastes too loaded with sweets in my opinion. But mix baby carrots, 2-4 TBS of butter (to coat the carrots) and probably 1-2 TBS of brown sugar (enough to coat the carrots), and cook in a small pot until warm and maybe a little soft.
7. Garlic Pasta: It is so simple! Melt 2 tbs butter in a pan and mix with a splash of milk, salt, pepper and a lot of garlic. As you mix in the pasta, also add in Parmesan cheese or a light amount of Mexican Blend cheese. You only need enough to make the pasta stick together.
8. Stovetop Stuffing (1 box is less than \$1 at my grocery stores)
9. Mac n Cheese: pasta of any sort, butter, splash of milk, Mexican cheese blend and stir! Top with pepper and maybe even bacon!
10. Peas- less than \$1
11. Veggie Blends– again, this isn't something we do at our house, though I wish it was an option for Kyler! At my grocery store, their small frozen bags have different themed blends of vegetables that can be easily cooked and served right next to your main dinner.
12. Steamed Broccoli

\$5 Dinner Meal Plan

the month made for you!

Month: _____

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Pork Loin & Fixings	Chicken Breasts, Carrots, and garlic pasta	Mac N Cheese with garlic and bacon	Chicken Alfredo (optional: bacon and peas)	Meat Loaf & Fixings	Chicken Fajitas	Fajita Pasta from Leftovers
Pulled Pork Sandwiches	Pulled Pork Pasta from Leftovers	Turkey Tacos	Chicken Soup	Chicken Soup	Pork Loin & Fixings	Sloppy Joes
Leftovers/ Make it Yourself	Pork Loin & Fixings	Beef Stew	Ziti	Turkey Tacos	Grilled Cheese & Tomato Soup	Leftovers/ Make it Yourself
BBQ Chicken Drumsticks	Breakfast	Pork Chops, green beans and Stuffing	Pork Loin & Fixings		Ziti	

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\$5 Dinner Meal Plan

Make your own Plan

Month: _____

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

Grocery List for Meal Plan

Produce

Meat

Bread/Grains

Condiments/Misc.

Dairy
