



Budget Friendly Meal Plan Info & Pantry List

Our motto at eMeals is, "You plan, you save!" Our Budget Friendly Plan is for those willing to take a little more time in the kitchen to save even more money at the grocery store. **The plan relies on a well-stocked pantry to be successful—items to always have in your pantry to ensure that you can create delicious-tasting meals on a very lean budget.** The Family meal plan averages \$85/week and serves 4-6; the For Two plan averages \$50/week. Prices are based on a general average of national discount stores, and will vary depending on your location.

Here are some of the highlights:

- Make homemade broths from whole chickens and cuts of beef; use the meat for two meals.
- Create delicious rice blends and pilafs from your own pantry and spice rack.
- Say goodbye to expensive convenience items that are typically loaded with sodium and other ingredients that you may not want—and save money by doing so.
- Includes meatless meals, salad suppers, and money-saving breakfast-for-dinner recipes.
- Avoid high-priced meats and seafood and stick to basic, affordable proteins.

BUDGET FRIENDLY PANTRY LIST

STAPLES

Oils

- Olive Oil
- Vegetable Oil

Vinegar

- Balsamic Vinegar
- Red Wine Vinegar

A variety of dried herbs & spices

- Basil
- Parsley
- Oregano
- Cayenne Pepper
- Rosemary
- Crushed Red Pepper
- Garlic Powder
- Chili Powder
- Paprika
- Onion Powder
- Kosher Salt/Sea Salt
- Ground Cumin
- Garlic Salt
- Seasoning Blends: Italian, Greek, Cajun, Mexican, Blackened

CANNED & PACKAGED

- All-Purpose Flour
- Your Favorite Pastas
- Granulated Sugar
- Honey
- Long-Grain Rice
- Bouillon Cubes/Granules
- Bottled Lemon/Lime Juice
- Canned Tomatoes
- Yellow Mustard
- Dijon Mustard
- Ketchup
- Plain Breadcrumbs
- Plain Cornmeal
- Grated Parmesan Cheese (in a can)

PRODUCE

- Carrots
- Celery
- Onions
- Garlic Cloves

REFRIGERATED

- Cream Cheese
- Sour Cream
- Milk
- Large Eggs
- Mayonnaise