POCKETSTRIDE · FREE MEAL PLAN

7 Dinners for Two for Under $50

One week of real dinners, one shopping list, one trip to the store. The ingredients overlap on purpose, so nothing goes to waste.

$49.06
total grocery bill

$3.50
per dinner, per person

17
items on the list

The week

Mon	Loaded Baked Potatoes	$1.39
Tue	One-Pot Chicken & Rice	$2.45
Wed	Sausage, Potato & Cabbage Skillet	$2.47
Thu	Chicken Burrito Bowls	$2.47
Fri	Veggie Spaghetti Marinara	$1.55
Sat	Black Bean Quesadillas	$2.33
Sun	Breakfast for Dinner	$1.26

Cost per serving, for the food you actually use. Leftovers from whole packs (rice, potatoes, eggs, half a cabbage) carry into next week.

Already in your kitchen?

Butter, Dried oregano, Dried thyme, Ground cumin, Olive oil, Salt & pepper.

These staples aren't in the total.

Shopping list

PRODUCE		
Garlic	10 clove	$0.75
Green cabbage	1-ct	$2.49
Russet potatoes	5 lb	$4.49
Yellow onion	6-ct	$3.49
MEAT & SEAFOOD		
Chicken thighs	2 lb	$5.98
Smoked sausage	1 pkg	$3.99
DAIRY & EGGS		
Eggs	12-ct	$3.49
Shredded cheddar	2 cup	$2.79
Sour cream	2 cup	$2.29
BAKERY		
Flour tortillas	10-ct	$2.99
PASTA, RICE & GRAINS		
Spaghetti	16 oz	$1.29
White rice	4.5 cup	$2.29
CANNED & JARRED		
Black beans	2 × 1 can	$1.98
Chicken broth	4 cup	$2.29
Marinara sauce	3 cup	$2.49
Salsa	2 cup	$2.99
FROZEN		
Frozen mixed vegetables	2 × 12 oz	$2.98
Total		**$49.06**

Prices are typical US supermarket prices (fall 2026 estimates), whole packs only. Your store will vary a little.

Recipes on page 2 →

THE RECIPES · EACH SERVES 2

Simple, weeknight-easy recipes

MONDAY

Loaded Baked Potatoes

1 lb russet potatoes, 6 oz frozen mixed vegetables, ½ cup shredded cheddar, ¼ cup sour cream, 1 tbsp butter, ½ tsp salt & pepper

Prick the potatoes, microwave 8–10 min (or bake 1 hr at 400°F) until soft. Heat the veg. Split the potatoes, add butter, salt and pepper, then pile on veg, cheddar and sour cream.

TUESDAY

One-Pot Chicken & Rice

¾ lb chicken thighs, 1 cup white rice, 2 cups chicken broth, 6 oz frozen mixed vegetables, 2 cloves garlic, 1 tsp dried thyme

Cut chicken into chunks, season, brown in a pot. Add garlic, rice, thyme and broth. Bring to a boil, cover, simmer 18 min. Stir in the frozen veg, cover 5 more min.

WEDNESDAY

Sausage, Potato & Cabbage Skillet

½ pkg smoked sausage, 1 lb russet potatoes, ½ green cabbage, 1 yellow onion, 1 tbsp olive oil, 1 tsp salt & pepper

Dice potatoes and onion, fry in oil 10–12 min until golden. Add sliced sausage and shredded cabbage, cook 8 min more, stirring, until the cabbage is tender. Season well.

THURSDAY

Chicken Burrito Bowls

¾ lb chicken thighs, 1 cup white rice, 1 can black beans, ½ cup salsa, ¼ cup shredded cheddar, 1 tsp ground cumin

Cook the rice. Season chicken with cumin, salt and pepper, pan-fry 6–7 min a side, slice. Warm the beans. Build bowls: rice, beans, chicken, salsa, cheddar.

FRIDAY

Veggie Spaghetti Marinara

8 oz spaghetti, 1½ cups marinara sauce, 6 oz frozen mixed vegetables, 2 cloves garlic, 1 tbsp olive oil, 1 tsp dried oregano

Boil the spaghetti. Meanwhile, soften garlic in oil, add the frozen veg for 3 min, then marinara and oregano; simmer 5 min. Toss with the drained pasta.

SATURDAY

Black Bean Quesadillas

4 flour tortillas, 1 can black beans, 1 cup shredded cheddar, ½ cup salsa, ¼ cup sour cream, ½ tsp ground cumin

Mash the beans with cumin and half the salsa. Spread on 2 tortillas, top with cheddar and the other tortillas. Cook in a dry pan 3 min a side. Serve with salsa and sour cream.

SUNDAY

Breakfast for Dinner: Eggs & Crispy Potatoes

4 eggs, 1 lb russet potatoes, ½ yellow onion, 1 tbsp butter, 1 tsp salt & pepper

Dice potatoes and onion, fry in butter 15 min until crisp, season. Push aside, scramble the eggs in the same pan. Eat straight away.

Want this for every week?

The Budget Meal Planner does this math for you. Pick meals from 26 recipes, set your budget, and your aisle-sorted shopping list and total build themselves, minus what's already in your pantry.

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