A Plus Class

How to feed two people for a week on $25

To feed two people for a week on a $25 budget, base your meals on inexpensive staples like **dried beans, rice, and oats**. Stretch the budget further by using a single protein source (like a $5 rotisserie chicken, eggs, or ground turkey) across multiple meals. [1, 2, 3, 4, 5]

The Master Grocery List

- **Produce:** 5 lb bag of Russet potatoes ($3.00), 2 yellow onions ($1.00), 3 lb bag of regular carrots ($1.50)
- **Pantry:** 1 lb dried black beans ($1.50), 3 lb bag of white rice ($2.50), two 16 oz boxes of pasta ($1.80), rolled oats ($2.00)
- **Canned/Frozen:** Three 15 oz cans of diced tomatoes ($2.40), 16 oz frozen mixed vegetables ($1.20)
- **Proteins:** 1 dozen eggs ($2.50), 1 lb ground turkey or pork ($4.00)
- **Total:** ~$24.40 (Prices are estimated based on bulk purchasing at stores like Walmart or ALDI). [6, 7, 8, 9]

7-Day Meal Plan

- **Breakfast (Daily):** Rolled oats cooked with water and shredded carrots or mashed banana, topped with a fried egg.
- **Lunches (Sunday-Saturday):** Leftovers from the night before, or rice and beans bowls flavored with onion and canned tomato.
- **Dinner 1:** Hearty turkey chili made with ground turkey, canned diced tomatoes, black beans, and diced onions.
- **Dinner 2:** Pasta marinara using canned diced tomatoes, served with a side of steamed mixed vegetables.

- **Dinner 3:** Loaded baked potatoes (2 per person) topped with reheated turkey chili.
- **Dinner 4:** Fried rice made with day-old white rice, diced carrots, and chopped onions, topped with fried eggs.
- **Dinner 5:** Cheesy potato and carrot soup, simmered in a pot and blended; serve with a side of pasta.
- **Dinner 6:** "Cacio e Pepe" inspired pasta (olive oil, pepper, and starchy pasta water) topped with a fried egg.
- **Dinner 7:** One-skillet chili mac (pasta mixed with the remaining turkey chili). [10]

Would you like me to tailor this meal plan to:Dietary restrictions (e.g., vegetarian, gluten-free)Specific cooking equipment you have available (e.g., Crockpot, Instant Pot)**Local stores** in the Waxahachie area you plan to shop at?

[1] https://www.youtube.com/watch?v=GajpQTpo5Lw

[2] https://www.facebook.com/groups/843066235833642/posts/3601409436665961/

[3] https://www.reddit.com/r/Cheap_Meals/comments/15zfk8u/how_to_use_25_for_2_weeks_worth_of_food/

[4] https://www.cheapskatecook.com/weekly-grocery-budget-meal-plan-25-dollars/

[5] https://www.qiongskitchen.com/post/7-dinners-for-2-people-under-25

[6] https://www.reddit.com/r/povertyfinance/comments/1f3sojp/help_two_adults_spent_600_on_groceries_in_two/

[7] https://www.reddit.com/r/instantpot/comments/1bbq85e/truly_simple_recipes_for_someone_who_is_poor/

[8] https://medium.com/@weightlosswithken/budget-mental-health-meals-20-wk-depression-fighting-plan-f5ff831492bd

[9] https://www.reddit.com/r/povertyfinance/comments/1cvu81p/advice_needed_how_to_budget_29_for_groceries_this/



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[10] https://www.juliapacheco.com/how-i-turned-a-25-grocery-budget-into-8-easy-meals/