

2-Week Food Shopping List for Family of 4*

Baking/Breakfast Aisle	# needed	Size needed	Cost per item**	Total cost
Brown Sugar	1	2 lbs	1.32	1.32
Canola oil	1	48 oz	2.50	2.50
Coconut flakes	1	7 oz	1.25	1.25
Cornbread mix	2	11.5 oz box	1.75	3.50
Evaporated milk	2	12 oz	0.75	1.50
Maple Syrup	1	36 oz	2.50	2.50
Oatmeal, Old Fashioned or Quick	1	42 oz	2.50	2.50
Pancake and Waffle Mix (add water)	1	5 lbs	4.00	4.00
Canned: Meats				
Chicken	6	12.5 oz	2.00	12.00
Chicken and/or tuna	6	12.5 oz	2.00	12.00
Refried Beans	2	30 oz can	1.75	3.50
Roast Beef	4	12 oz	2.75	11.00
Canned: Soups				
Chili or stew	4	38 oz	4.00	16.00
Cream of celery soup (condensed)	2	10.25 oz	0.75	1.50
Cream of chicken soup (condensed)	4	10.25 oz	0.50	2.00
Cream of mushroom soup (condensed)	2	10.25 oz	0.50	1.00
French onion soup (condensed)	2	10.25 oz	1.50	3.00
Soup (variety of flavors)	20	10-19 oz cans	1.50	30.00
Canned/Bottled: Fruits and Vegetables				
Applesauce	1	46 oz	1.98	1.98
Fruit (peaches, pears, etc)	14	29 oz	1.67	23.38
Green beans, French-style	2	15 oz	0.50	1.00
Mandarin oranges	2	15 oz	1.00	2.00
Pineapple chunks	2	15 oz	1.00	2.00
Tomato sauce	2	8 oz	0.33	0.66
Tomatoes, diced	2	14.5 oz	0.75	1.50
Vegetables (corn, beans, and/or peas)	2	14.25 oz	0.50	1.00
Canned/Bottled: Other				
Beef Chow Mein	2	42 oz	4.50	9.00
Mayonnaise	1	15 oz	3.00	3.00
Nacho Cheese Sauce	1	15 oz	2.25	2.25
Pickles	1	46 oz	3.00	3.00
Salsa	1	16 oz	1.25	1.25
Soy Sauce	1	15 oz	1.50	1.50
Spaghetti Sauce	2	24 oz	1.75	3.50
Dry Goods				
Crackers (Ritz, Triscuits, Saltines, etc)	7	14-16 oz	2.00	14.00
Instant Mashed Potatoes	1	13-14 oz box	3.00	3.00
Rice, instant white	2	14 oz box	2.00	2.00
Rice, white or brown	1	2 lb bag	2.00	2.00
Spaghetti	2	1 lb	1.00	2.00
Spanish Rice, dry mix	2	6.8 oz	1.00	2.00
Tortilla Chips	2	11 oz bag	2.50	5.00
TOTAL COST **				\$ 198.09
* See meal plan associated with this shopping list below.				
** Cost per item is approximate and calculated on generic items where available at Walmart.				

14-DAY BASIC MEAL PLAN

Welcome to this 14-day basic meal plan!

This simple meal plan is designed to provide four people with three meals a day. Because of packaging sizes, varying appetites, and foods you already have on hand in your refrigerator and freezer, this meal plan could stretch longer than 14 days.

The purpose of this meal plan is to provide the following:

1. Peace of mind knowing you have food for your family in your home if there is an emergency, a natural disaster, or need for self quarantine.
2. Inexpensive meals with foods that can be stored for up to one year.
3. Easy to prepare meals that anyone over 12-years old can make.

Disclaimer: *This is not a diet or a comprehensive meal plan that meets all nutritional requirements. This plan was designed to provide essential, life-sustaining, meals over a short period of time.*

14 Breakfasts - 7 days of each breakfast

- **Pancakes and Syrup:** Make pancakes according to directions on pancake mix. Serve with syrup.
- **Oatmeal:** Make oatmeal according to directions. Serve with brown sugar, cinnamon, raisins, craisins, or mix in a teaspoon of jam or jelly to sweeten.

14 Lunches - 7 days of each lunch

- **Soup:** Each can of soup serves 1-2 people. Plan accordingly when preparing and serving so soup isn't wasted. Store left-over soup when possible.
- **Chicken or Tuna Salad:** Mix chicken or tuna with mayonnaise. Add chopped pickle to salad, or serve pickles on the side.
- **Serve ½ box of crackers and 1 29-oz can of fruit with each lunch.**

14 Dinners - 2 days of each dinner

- **Spaghetti:** Cook 1 lb of spaghetti according to package directions. Heat 1 jar of spaghetti sauce and 1 can of vegetables. Serve spaghetti with sauce, and vegetables on the side.
- **Hawaiian Haystacks:** Prepare ½ lb of rice according to package directions (makes about 5 cups cooked rice). Make chicken sauce by heating 1 can cream of chicken soup, 1 can water (use empty soup can to measure), and 1 can chicken (drained) in a saucepan. Open 1 can of mandarin

oranges and 1 can of pineapple chunks. Serve chicken sauce over rice and top with oranges, pineapple, and a sprinkle of coconut. Original recipe:

<https://www.favfamilyrecipes.com/hawaiian-haystacks/>.

- **Chili or Stew and Cornbread:** Heat chili or stew. Make cornbread according to package directions with these substitutions, if needed: 1 egg = $\frac{1}{4}$ cup applesauce, 1 cup milk = $\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water, 1 part butter = $\frac{3}{4}$ part canola oil.
- **Nachos and Spanish Rice:** Heat 1 can refried beans and $\frac{1}{2}$ can nacho cheese sauce. Make Spanish rice according to package directions using oil in place of butter, if necessary. On four plates, divide and layer tortilla chips, refried beans, nacho cheese sauce, and salsa. Serve with Spanish rice on the side.
- **Shepherds Pie:** Prepare $\frac{1}{2}$ box of instant mashed potatoes according to package directions, set aside. In a saucepan, heat 2 cans of roast beef, 1 can of tomato sauce, and 1 can of green beans (drained). Season with salt, pepper, garlic powder, and/or onion powder to taste, if available. Pour heated beef mixture into a casserole dish. Spread mashed potatoes on top. Bake at 350 for 20 minutes.
*Original recipe: <https://www.favfamilyrecipes.com/easy-shepherds-pie/>.
- **Beef or Chicken Chow Mein:** Prepare $\frac{1}{2}$ lb rice according to package directions. Heat Chow Mein in a saucepan. Serve chow mein over rice. Season with soy sauce.
- **Easy Chicken Casserole:** Preheat oven to 350 degrees. Line a 9x13 baking dish with aluminum foil and spray foil with non-stick cooking spray, if available. In a bowl, whisk together 1 can cream of chicken, 1 can cream of mushroom, 1 can cream of celery, 1 can French onion soup and 1 can of water (using empty soup can to measure). Pour half of soup mixture in the bottom of the baking dish. Add instant white rice evenly over the soup mixture. Drain 2 cans of chicken. Evenly add chicken on top of rice. Pour remaining soup mixture over chicken and rice. Be sure the rice is completely covered. Cover entire dish with aluminum foil, sealing it well around the edges of the pan. Bake for 1 hour. Remove aluminum foil cover from the pan. Use a wooden spoon to stir the casserole before serving. Be careful not to tear the foil on the bottom of the pan. Original recipe: <https://www.favfamilyrecipes.com/easy-chicken-casserole/>

Meal Substitution Ideas

In addition to the 14-Day Meal Plan, you can stock up on pantry staples and other items that your family likes to eat:

- Ingredients for your favorite family recipes that can be stored (flour, sugar, baking soda, beans, pasta, rice, etc)
- Canned beef ravioli
- Ramen noodles
- Macaroni and Cheese
- [Frozen dinners](#) (if freezer space is available)
- Stove Top Stuffing
- Muffin and cornbread mixes