



Simple,
From Scratch,
Budget Friendly

Meal Plans

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Baked Eggs and Summer Squash

What You Need:

- 2 cups crookneck or yellow squash, cut into 1/2-inch pieces
- 2 cups zucchini, cut into 1/2-inch pieces
- 2/3 cup chopped tomatoes
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/3 cup fresh mozzarella cut into 1/2-inch pieces
- 4 large fresh basil leaves, chiffonaded & divided (optional)
- 8 eggs
- 1/4 cup freshly grated Parmesan cheese

Preheat the oven to 400 degrees F. In a frying pan, sauté the squash, zucchini, and tomatoes. Season with salt and pepper and sauté for another few minutes or until tender.

Remove the skillet from the heat and stir in 4 large fresh basil leaves and fresh mozzarella. Divide the mixture between 4 ramekins. Crack 2 eggs into each ramekin, don't stir or break the yolks.

Place the ramekins on a baking sheet and place in the oven. Bake until the whites are almost cooked or about 7-8 minutes. Sprinkle each serving with 2 tablespoons freshly grated Parmesan cheese. Bake for 2 additional minutes.

Chicken Salad Sandwiches

What You Need:

- 1/4 cup onion, finely chopped
- 1/4 cup celery, finely chopped
- 2 cups cooked chicken breast, cubed
- 1 teaspoon Sugar
- 2/3 cup Mayonnaise
- 1 cup chopped Grapes
- Salt and Pepper (to taste)

Mix all ingredients together. Place on sandwich bread or inside washed lettuce leaves for an unwich.

Homemade Coleslaw

What You Need:

- ½ head of cabbage, grated
- 1 large carrot, shredded
- ½ small onion, diced into small pieces
- ½ c. mayonnaise
- ½ c. white vinegar
- Salt & pepper to taste

Mix all ingredients together. Refrigerate for several hours or overnight.



Zucchini Pasta

What You Need:

- 6 zucchini
- 2 tablespoons butter
- Pasta sauce

Wash the zucchini and julienne them to make noodles. Add 2 tablespoons of butter to a frying pan and cook on a low heat until zucchini is cooked through. Add a little salt and pepper to taste. Serve with pasta sauce a little fresh grated cheese if desired.

Ranch Chicken Wraps

What You Need:

- 2 -3 cups shredded cooked chicken, chopped
- 1 cup ranch dressing
- 1/2 cup salsa
- flour tortillas
- lettuce, shredded
- cheddar cheese, shredded
- red pepper, sliced

Mix the chopped cooked chicken with ranch dressing and salsa. Serve warm or cold in a flour tortilla and stuff the tortillas with other fresh ingredients such as chopped red pepper, shredded lettuce, and cheddar cheese.

Caesar Salads

What You Need:

- 3 tablespoons grated Parmesan cheese
- 1 ½ tablespoons mayonnaise
- 1 lemon, juiced
- 1 garlic clove, finely chopped
- 1 teaspoon Dijon mustard
- 1 dash Worcestershire sauce
- ¼ cup olive oil
- Lettuce, washed and roughly chopped
- 2 grilled or cooked chicken breasts, thinly sliced
- ½ cup grape tomatoes, halved

For the sauce, mix together the parmesan cheese, mayo, lemon juice, garlic clove, mustard, Worcestershire sauce, and olive oil. Toss together the lettuce, chicken breasts, and grape tomatoes. Serve with dressing poured on top of salad.



Loaded Summer Nachos

What You Need:

- 2 cloves garlic, crushed
- 6 green onions, chopped
- 3 tablespoons oil
- 1 shredded, cooked, whole chicken breast
- salt and pepper to taste
- 1 cup salsa
- Tortilla chips
- 8 ozs shredded Cheddar Cheese
- 1/2 large tomato, diced

Heat oven to 350 degrees F. In a frying pan, cook the garlic, onions, and oil together for a few minutes. Mix in shredded chicken, salt and pepper. Toss until well coated with oil. Stir in the salsa. Arrange tortilla chips on a large baking sheet. Spoon the chicken mixture over tortilla chips. Top with cheese and tomato. Bake in oven for 10 minutes, or until cheese has melted. Can serve with sour cream and more salsa.

Simple Stuffed Peppers

What You Need:

- 1 1/4 pounds ground beef
- 3 cloves garlic, minced
- 1 onion, diced
- 2 cups diced tomatoes
- 1 cup shredded Cheddar cheese
- 1 1/2 cups chicken broth
- 6 red bell peppers

Preheat oven to 350 degrees F. Brown the ground beef, then stir in garlic, onion, and tomatoes. Cook and stir until the onions soften. (3 minutes) Stir the cheese into the mixture, and set aside. Cut the tops off of the peppers, and remove the veins and seeds. Fill each pepper with the ground beef mixture and pour in some of the chicken broth. Place into the cups of a muffin tin to hold upright in the oven, and replace the tops. Bake for 30 minutes.



Asian Chicken and Pineapple Quesadillas

What You Need:

- 1/4 cup soy sauce
- 1/4 cup hoisin sauce
- 2 tablespoons grated ginger
- 2 garlic cloves, minced
- 2 boneless, skinless chicken breast halves
- 8, 6-inch flour tortillas
- 1/2 cup grated pepper Jack cheese
- 1/2 cup grated cheddar cheese
- 1 green onion, chopped
- 1/2 pineapple, peeled, cored, and diced

Combine soy sauce, hoisin sauce, ginger, and garlic in a bowl. Place chicken in sauce to marinate. Cover and place in refrigerator for at least 30 minutes or even overnight. Remove chicken from marinade and discard marinade. Place chicken on grill and cook 6 to 7 minutes per side or until chicken is fully cooked through. Remove chicken, let cool, and chop into cubes. Place tortillas on your countertop and top with chicken and remaining ingredients. Top with a second tortilla and put quesadillas on the grill. Cook another 7 to 8 minutes per side or until cheese melts.

Fancy Grilled Cheeses

What You Need:

- ¼ cup mayonnaise
- 2 cups fresh baby spinach
- 1 teaspoon minced garlic
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 8 pieces of bread
- 2 tablespoons olive oil or butter
- 4 pieces of fresh mozzarella cheese
- 1 zucchini, thinly sliced lengthwise
- 1 tomato, sliced

In a food processor combine the mayonnaise, 1 cup of the spinach, the garlic, salt, and pepper, set aside. Brush one side of 4 slices of bread with oil or butter. Place a piece of fresh cheese, a layer of zucchini, tomato, and remaining spinach on top. Spread some of the spinach mayonnaise on remaining slices, and place another slice of bread (with the opposite side buttered or oiled) on top. Cook sandwiches in a preheated frying pan until cheese is melted.



Beef Macaroni Skillet

What You Need:

- 1lb ground beef
- 1 onion, chopped
- 3 c. tomato juice
- 1 tablespoon Worcestershire Sauce
- 1 tablespoon vinegar
- 1 tablespoon brown sugar
- 1 teaspoon salt
- Pepper to taste
- 1 c. uncooked macaroni pasta
- 2/3 c. grated cheese

Brown the ground beef with the onion until cooked through. Add in all other ingredients (besides the cheese) and cover and cook until macaroni is tender. Stir occasionally. Sprinkle the cheese over the top just before serving.

Beef Kebobs

What You Need:

- 1 pound beef top sirloin
- 1 medium onion, in large pieces
- 1 green pepper , in large pieces
- 1/2 cup vegetable oil
- 1/3 cup soy sauce
- 1/4 cup brown sugar

Cube beef. In a bowl or container, mix together the oil, soy sauce, and brown sugar. Marinate the beef cubes for at least an hour or 2. Thread sirloin, peppers and onions onto skewers. Grill over high heat for about 8 minutes, turning occasionally until meat is cooked through and vegetables are cooked to your taste.

Chef Salads

What You Need:

- Various Leaf or Shredded Lettuces
- Diced or shredded Meats
- Shredded Cheddar Cheese
- Veggies (Chopped Bell Pepper, Avocado, Cooked Peas, ect)
- Fruits (Mandarin Oranges, Strawberries, Pears, ect)
- Hard Boiled Eggs
- Nuts or Seeds Dressing
- Anything else that sounds good to you!

Mix together as desired! Place different toppings buffet style in your kitchen and let your family design their own special salad.



BBQ Chicken Sandwiches

What You Need:

- 5 c. cooked, shredded chicken meat
- 1 to 1 1/2 cups barbecue sauce

In a bowl, combine the chicken and barbecue sauce. Serve on buns, or gluten free buns, or even in lettuce leaves.

Mexican Style Zucchini Stir Fry

What You Need:

- ¼ c. butter
- 4 c. thinly sliced zucchini
- 1 c. carrots, shredded
- 1 c. onion, chopped
- ½ c. diced celery
- 1/3 c. green pepper, chopped
- 2 medium tomatoes, diced
- 1/3 c. taco sauce
- ½ teaspoon garlic salt
- ¼ teaspoon dried basil
- Pepper and salt to taste
- 1 c. cheddar cheese, shredded

Melt the butter in a frying pan, add in the zucchini, carrots, onion, celery, and green pepper. Cover and cook for 4 to 5 minutes, stirring occasionally. Add in the tomatoes. In a small bowl, mix together the taco sauce, salt, and basil. Add to the frying pan. Remove from heat and sprinkle cheese over the top, add salt and pepper as needed.

Summer Vegetable Soup

What You Need:

- 4 ears corn, husks and silks removed
- 2 tablespoons olive oil
- 1 medium onion, chopped
- Salt & Pepper to taste
- 4 cups of vegetable or chicken broth
- 2 large zucchini, halved lengthwise and thinly sliced
- 1 cup green beans, stem ends removed, cut into thirds
- 1 can (14.5 ounces) diced tomatoes in juice
- 1/2 cup orzo

De-kernal the corn. In a large saucepan, heat the oil. Add onion; season with salt and pepper. Cook, stirring frequently, until onion is cooked through. Add broth and 2 cups water; bring to a boil. Add zucchini, green beans, corn, tomatoes (with juice), and orzo; cook, uncovered, until orzo is tender, about 8 to 11 minutes. Season with salt and pepper as desired. (This meal also freezes well or you could even can it!)



Easy Macaroni Salad

What You Need:

- 16 oz macaroni noodles, cooked and rinsed under cold water
- 1 cup mayonnaise
- 1/4 cup white vinegar
- 1/3 cup sugar
- 2 tablespoons regular mustard
- 1 1/2 teaspoons salt
- 1/2 teaspoon (or more) pepper
- 1/2 onion, grated

Cook pasta until al dente. Mix pasta together with all other ingredients. Refrigerate for at least 2 hours before serving.

Easy Mac N Cheese

What You Need

- 1 package (16 ounces) Elbow Pasta (Can be Gluten Free)
- ¼ c. heavy Cream or Half N Half or Milk
- 1 ½ c. shredded sharp Cheddar Cheese

Cook the pasta until al dente. Add in the cheese and milk and stir until blended and cheese is melted. Enjoy immediately.

Brown Sugar BBQ Chicken Drumsticks

What You Need:

- 2 cups ketchup
- 1 cup packed brown sugar
- 2 tablespoons Worcestershire sauce
- 2 tablespoons apple cider vinegar
- Salt & Pepper to taste
- 6lbs chicken drumsticks

In a medium bowl, whisk together ketchup, sugar, Worcestershire, and vinegar; season with salt and pepper. Set aside 1 cup sauce for tossing raw chicken; use rest for baked chicken. Heat oven to 450 degrees F. Divide drumsticks between baking sheets, and toss with reserved 1 cup sauce. Bake chicken for 30 to 35 minutes, rotating sheets and turning chicken halfway through. Serve with remaining sauce poured over the top.



Summer Foil Pouches

What You Need:

Vegetables of your choice: summer squash, zucchini, onion, peppers, ect.
Nitrate free sausage or hot dogs

Chop vegetables and create foil pockets out of aluminum foil. Put your veggies and meat into the foil pouches. Bake on the grill until veggies are cooked and sausage is cooked thoroughly.

Zucchini Lasagna

What You Need:

1 lb lean ground beef
3 cloves garlic
1/2 onion
salt and pepper
28 oz can crushed tomatoes
2 tablespoons chopped fresh basil
3 medium zucchini, sliced 1/8" thick
15 oz ricotta
16 oz mozzarella cheese, shredded
1/4 cup parmesan cheese
1 large egg

Brown the hamburger. Add garlic and onions about 2 minutes. Add tomatoes (drained), basil, salt and pepper. Simmer on low until flavors combine. Meanwhile, slice zucchini into 1/8" thick slices, add lightly salt and set aside for 10 minutes. After 10 minutes, blot excess moisture with a paper towel. Heat a frying pan and grill each side of the zucchini for 2 minutes. Place on paper towels to soak any excess moisture. In a bowl, mix ricotta cheese, parmesan cheese and egg. In a 9x12 casserole spread some sauce on the bottom and layer the zucchini to cover. Then place some of the ricotta cheese mixture, then top with the mozzarella cheese and repeat the process until all your ingredients are used up. Top with sauce and mozzarella and cover. Bake 45 minutes covered at 375°, then uncovered 15 minutes. Let stand about 5 - 10 minutes before serving.



July Seasonal Foods

You can often find great deals on in-season produce, depending on where you live and how easy it is to ship or grow produce there. When planning your grocery shopping trip for the month, make sure to look through this list to add these fruits and veggies to supplement your suppers and create lunches and

Apricots
Blueberries
Cantaloupes
Cherries
Corn
Cucumbers
Green beans
Figs
Nectarines
Peaches
Plums
Strawberries
Tomatoes
Watermelons
Yellow squash
Zucchini





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Baked Eggs & Summer Squash	2 Chicken Salad Sandwiches	3 Leftovers	4 Hamburgers and Coleslaw	5 Zucchini Pasta	6 Chicken Ranch Wraps
7 Leftovers	8 Cesar Salads	9 Loaded Nachos	10 Leftovers	11 Simple Stuffed Peppers	12 Breakfast for Supper	13 Asian Chicken & Pineapple Quesadillas
14 Leftovers	15 Fancy Grilled Cheeses	16 Beef Macaroni Skillet	17 Leftovers	18 Beef Kabobs	19 Chef Salads	20 BBQ Chicken Sandwiches
21 Leftovers	22 Mexican Zucchini Stir-Fry	23 Summer Vegetable Soup	24 Leftovers	25 Hamburgers & Macaroni Salad	26 Easy Mac & Cheese	27 Brown Sugar Chicken Drumsticks
28 Leftover	29 Summer Foil Pouches	30 Zucchini Lasagna	31 Leftovers			

Notes:



My Shopping List

Grocery Item	Amounts for Serving 4 People
Yellow Squash (large)	1 squash
Zucchini (large)	15 zucchini
Fresh Tomatoes	6 to 7 large
Canned Tomatoes	2 cans
Fresh Mozzarella	1 package
Fresh Basil	6 leaves
Eggs	9 eggs
Parmesan Cheese	1/2 c. + 3 tablespoons
Cabbage	1 head
Carrots (Large)	4 carrots
Onion	7 onions
Pasta Sauce	1 jar
Lemon	1 lemon
Garlic Cloves	12 cloves
Lettuce	Enough for one meal (see recipes) +
Chicken Breast	9 to 10 cups cooked
Grape Tomatoes	1/2 c.
Celery	1/4 c.
Grapes	1 c.
Ground Beef	3 1/4 lb.
Cheddar Cheese	5 2/3 c.
Chicken Broth	5 1/2 c.
Red Bell Peppers	7 peppers
Salsa	1 1/2 c.
Flour Tortillas	12 tortillas
Veggies and Meat for Foil Pouches	For One Meal (See recipes)
Green Onions	7 onions
Tortilla Chips	Enough for one meal (see recipes) +
Pepper Jack Cheese	1/2 c.
Pineapple	1 pineapple
Top Sirloin Steak	1 lb.
Green Bell Pepper	2 peppers
Spinach	2 c.
Bread	8 slices
Tomato Juice	3 c.
Macaroni Pasta	32 oz +
Taco Sauce	1/3 c.
BBQ Sauce	1 c.
Items for Chef Salads	For One Meal
Ketchup	2 c.
Chicken Drumsticks	6 pounds
Corn on the Cob	4 ears
Green Beans	1 c.
Orzo Pasta	1/2 c.
Ricotta Cheese	15 oz
Mozzarella Cheese	16 oz
Milk	1/4 c.



Get Monthly Menu Plans with Recipes at www.littlehouseliving.com