

7 Healthy, Affordable Meals — One Grocery Trip

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Grocery List

- Brown rice or quinoa
- Black beans
- Kidney beans
- Corn
- Bell peppers
- Onion
- Garlic
- Lime
- Avocado
- Chicken breast
- Salmon fillets
- Lean ground turkey
- Lean ground beef
- Sirloin steak (or tofu)
- Broccoli
- Baby potatoes
- Bag of frozen mixed root veggies
- Shredded carrots
- Purple cabbage
- Cucumber
- Rice noodles
- Pasta (fusilli, penne, or elbow)
- Crushed tomatoes
- Diced tomatoes
- Tomato paste
- Beef broth
- Heavy cream or evaporated milk
- Butter

- Olive oil
- Teriyaki sauce
- Salsa
- Ginger-peanut dressing
- Taco seasoning
- Fajita seasoning
- Chili seasoning
- Italian seasoning
- Sesame seeds
- Green onions

Simple Meal Prep Directions

1. Tex-Mex Quinoa Bowl

- Cook quinoa or brown rice.
- Toss with black beans, corn, diced bell pepper.
- Dress with lime, olive oil, taco seasoning.

2. Meal-Prep Southwest Burrito Bowls

- Season chicken with fajita seasoning; pan-sear or bake.
- Sauté peppers and onion.
- Layer over rice/quinoa with avocado and salsa.

3. Salmon Teriyaki Bowls

- Bake salmon at 400°F for 12–15 min brushed with teriyaki.
- Steam broccoli.
- Serve over brown rice; top with sesame seeds, green onions, avocado.

4. Mason Jar Noodle Salads

- Cook and cool rice noodles.
- Layer dressing, noodles, chicken/tofu, cabbage, carrots, cucumber in a jar.
- Shake before eating.

5. Sheet Pan Garlic Butter Steak Bites

- Toss steak cubes, baby potatoes, frozen root veggies with olive oil, garlic butter, Italian seasoning.
- Roast at 425°F for 20–25 min.

6. Turkey Chili

- Brown turkey with onion and garlic.
- Add tomato paste, diced tomatoes, kidney beans, chili seasoning.
- Simmer 20 min. Freezes beautifully.

7. One-Pot Creamy Tomato Beef Pasta

- Brown beef with garlic and Italian seasoning.
- Add crushed tomatoes, beef broth, dry pasta; simmer until pasta is tender.
- Stir in cream or evaporated milk at the end.

Tip: Choose containers that are explicitly freezer, microwave, and dishwasher safe. Cook a big batch of rice/quinoa once and use it across bowls all week.