



QUARANTINE GROCERY
STOCK-UP ESSENTIALS W/
ACCOMPANYING 2-MONTH
MEAL PLAN PRINTABLES

Economical, basic, but delicious meal ideas to help you feed your family through the COVID- 19 quarantine

Detailed information about the foods and recipes can be found on the blog:

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QUARANTINE GROCERY STOCK-UP ESSENTIALS

Dry Food

- Beans (black, pinto, navy, etc.)
- Rice (brown, wild)
- Oats
- Popcorn
- Pasta (multiple varieties)
- Ramen noodles
- Wheat

Frozen Food

- Mixed stir fry veggies
- Broccoli
- Peas
- Berries
 - strawberries
 - blueberries
 - raspberries
- Pineapple

Fresh Produce

- Bananas
- Apples
- Potatoes
- Spinach
- Carrots
- Celery
- Cabbage

Baking

- Honey
- Oil
- Baking powder/soda
- Yeast
- Salt
- Sugar
- Flour

Spices/seasonings

- Garlic/onion powder
- Salt and pepper
- Basil
- Parsley
- Cumin
- Oregano
- Chili powder
- Smoked paprika
- Cinnamon
- Vanilla
- Sesame seed oil
- Sesame seeds
- Ginger

Condiments/spreads

- Mayo
- Ketchup
- Mustard
- Salsa
- BBQ sauce
- Peanut butter
- Jelly
- Soy sauce
- Maple syrup
- Salad Dressing
- Guacamole
- Salsa
- Pesto

QUARANTINE GROCERY STOCK-UP ESSENTIALS

Dairy

- Milk
- 1/2 and 1/2
- Cheese (shredded, sliced, string)
- Cream Cheese
- Sour Cream
- Eggs

Dried Fruit/Nuts

- Raisins
- Mixed nuts
- Pumpkin seeds
- Flax seeds

Canned

- Spaghetti /Pizza Sauce
- Diced tomatoes/sauce/paste
- Creamed soups
- Tuna

Other

- Coffee
- Tortillas
- Tortilla chips
- Bread

Meat

- Whole chickens
- Pork loin
- Ground beef
- Steaks/Roasts
- Fish
- Whole turkey
- Sliced ham
- Hot dogs
- Pepperoni

CUSTOMIZED QUARANTINE GROCERY STOCK-UP ESSENTIALS

Dry Food:

Baking

Frozen Food:

Spices/Seasonings

Fresh Produce

Condiments/Spreads

CUSTOMIZED QUARANTINE GROCERY STOCK-UP ESSENTIALS

Dairy

Canned

Dried fruit/Nuts

Other

Meat

MEAL IDEAS

BY THEME

CHOOSE
FROM LISTS
TO DEVELOP
A 2- MONTH
MEAL PLAN

MEXICAN

2 X WEEK

QUESADILLAS
CHIMICHANGAS
TACOS
NACHOS
BURRITO BOWLS
TAQUITOS
MEXICAN PIZZA
NACHOS
INDIAN TACOS

Mix it up

Ground beef, shredded beef, pork or chicken, grilled steak or chicken; replace all or part of the meat with beans; use homeade corn tortillas, hard shells, soft shells, or chips

ITALIAN

1-2 X WEEK

**PASTA, MEAT &
SAUCE**
**HOMEMADE
PIZZA**
**STROMBOLI
PIZZA**
**SPAGHETTI
BAKE**

Mix it up

Marinara, Alfredo, pesto sauces; meatballs, chicken, ground beef, pepperoni; spaghetti, fettucini, penne,

SOUP

1 X WEEK

CHILI
**CHICKEN & WILD
RICE**
HAM & BEAN
**WHITE CHICKEN
CHILI**
BEEF BARLEY
CHICKEN NOODLE
CHICKEN POTATO
**VEGETABLE BEEF
STEW**
TURKEY CHILI

AMERICAN

2 X WEEK

BURGERS
LOADED POATOES
GOULASH
**PULLED PORK
SANDWICHES**
ROASTED TURKEY
HOT DOGS
FRENCH DIP
MEAT LOAF
HONEY GARLIC
PORK LOIN
SLOPPY JOES
BAKED HAM
POT ROAST

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ASIAN

1 X WEEK

**CHICKEN FRIED
RICE**
BEEF BROCCOLI
**SESAME
CHICKEN**
BASIC STIR FRY
**SWEET & SOUR
MEATBALLS**
EGG ROLL BOWL

MEAL IDEAS

BY THEME

CHOOSE FROM LISTS TO DEVELOP A 2-MONTH MEAL PLAN

ADDITIONAL FAMILY FAVORITES

BREAKFASTS

PANCAKES
WAFFLES
MUFFINS
FRENCH TOAST
GRANOLA
GRANOLA BARS
OATMEAL
SMOOTHIES
EGGS
HAM
FRIED POTATOES
OMELETS

LUNCHES

SIDES

SNACKS

QUESADILLAS
GRILLED CHEESE
MACARONI & CHEESE

POTATOES -
BAKED, OVEN FRIES,
MASHED
BEANS - BAKED,
REFRIED

APPLES & DIP
POPCORN
PB TOAST
SMOOTHIES
GRANOLA BARS
BANANA BREAD
CARROTS & RANCH
CELERY & PB
NUTS AND RAISINS
STRING CHEESE
HARD BOILED EGGS

MEXICAN TORTILLA
PIZZA

RICE
PASTA

GREEN BEANS
ROASTED VEGGIES
(CARROTS,
BROCCOLI, MIXED)

CHIPS & SALSA
CARROTS/CELERY &
RANCH

TOSSED SALAD

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MONTH 1



QUARANTINE MEAL PLAN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	B: Pancakes L: Hotdogs, mac & cheese D: Beef, cheese & rice chimichangas	B: Smoothies L: Chli mac & cheese D: Chicken burrito bowls	B: Eggs & toast L: Quesadillas D: Oven steak nachos	B: Granola L: Loaded potatoes D: Shredded beef tacos
TUE	B: Waffles L: Baked beans & hot dogs D: Burgers, oven fries, veg.	B: Oatmeal L: Loaded potatoes D: Honey garlic pork tenderloin, beans, veg.	B: Muffins L: Stromboli D: Goulash & Grilled cheese	B: Oatmeal L: Ham & cheese sandwiches D: French dip, tossed salad
WED	B: French toast L: Quesadillas D: Baked Chicken, w/ potatoes and carrots	B: Eggs & toast L: BBQ chken pizza D: Beef Broccoli & rice	B: Pancakes L: Mexican tortilla pizza D: Sesame chicken & rice	B: Smoothies L: Cheesy breadsticks & marinara D: Sweet & sour meatballs & rice
THU	B: Fried potatoes & eggs L: Chicken pesto pasta D: Meatloaf, mashed potatoes, veg.	B: Blueberry Muffins L: Leftovers D: Turkey pot pie	B: Waffles L: Bean and cheese chimichangas D: Burgers & oven fries, veg.	B: Granola L: Quesadillas D: Sloppy joes, beans & veg.
FRI	B: Pancakes L: PB & J, Ramen noodles D: Homemade Pizza	B: Smoothies L: Mac & Cheese, hot dogs D: Stromboli	B: Eggs & toast L: Ham & cheese sandwiches, apples & dip D: Spaghetti & meatballs	B: Granola Bars L: Fried Rice D: Pizza spaghetti bake

MONTH 2



QUARANTINE MEAL PLAN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	B: Oatmeal L: Stir fried vegetables D: Mexican pizza	B: Waffles L: Baked beans & hot dogs D: Beef Burrito bowl	B: Fried potatoes & eggs L: Chicken pesto pasta D: Chimichangas, chips and salsa	B: Smoothies L: Mac & Cheese, hot dogs D: Stromboli
TUE	B: French toast L: Quesadillas D: Baked Chicken, w/ potatoes and carrots	B: Waffles L: Bean and cheese chimichangas D: Burgers & oven fries, veg.	B: Muffins L: Stromboli D: Sloppy Joes Chips and bean dip, veg.	B: Fried potatoes & eggs L: Chicken pesto pasta D: Meatloaf, mashed potatoes, veg.
WED	B: Smoothies L: Cheesy breadsticks & marinara D: Sweet & sour meatballs & rice	B. Eggs & toast L. BBQ chken pizza D: Beef Broccoli & rice	B: Pancakes L: Mexican tortilla pizza D: Basic stir fry & rice	B: Oatmeal L: Grilled steak & vegetables, rice D: Egg roll bowls
THU	B: Smoothies L: Chili & cornbread D: BBQ shredded beef sandwiches	B: Granola L: Quesadillas D: Sloppy joes, beans & veg.	B: Oatmeal L: Ham & cheese sandwiches D: French dip, tossed salad	B: Pancakes L: Mexican tortilla pizza D: Burgers, oven fries, veg.
FRI	B: Smoothies L: Mac & Cheese, hot dogs D: Stomboli	B: Eggs & toast L: Ham & cheese sandwiches, apples & dip D: Penne, marinara & meatballs	B: Eggs & toast L: Ham & cheese sandwiches, apples & dip D: Spaghetti & meatballs	B: Granola Bars L: Fried Rice D: Pizza speghetti bake

WEEKEND

QUARANTINE MEAL PLAN



MONTH 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SAT	B: Waffles L: Chicken potato soup D: Goulash & Salad	B: Smoothies L: Turkey chili D: Chicken burrito bowls	B: Muffins L: Ham & bean soup D: Shredded beef sheet pan nachos	B: Smoothies L: Chili & cornbread D: Shredded beef tacos
SUN	B: Toast L: Roast Turkey/mashed potatoes, veg. D: Omelots & pancakes	B: Oatmeal L: Baked Ham, potatoes, salad D: Ham & eggs	B: Eggs & toast L: Pot Roast, potatoes & carrots D: Shredded beef nachos	B: Oatmeal L: Grilled steak & vegetables, rice D: Waffles & eggs
MONTH 2	WEEK 1	WEEK 2	WEEK 3	WEEK 4
SAT	B: Waffles L: Beef Barley D: Goulash & Salad	B: Smoothies L: Chicken noodle D: Chicken burrito bowls	B: Muffins L: Vegetable beef stew D: Shredded beef sheet pan nachos	B: Smoothies L: Chili & cornbread D: Shredded beef tacos
SUN	B: Toast L: Roast Turkey/mashed potatoes, veg. D: Omelots & pancakes	B: Oatmeal L: Baked Ham, potatoes, salad D: Ham & eggs	B: Eggs & toast L: Pot Roast, potatoes & carrots D: Shredded beef nachos	B: Oatmeal L: Grilled steak & vegetables, rice D: Waffles & eggs

MONTH 1



CUSTOMIZED QUARANTINE MEAL PLAN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	
MON					
TUE					
WED					
THU					
FRI					

MONTH 2

CUSTOMIZED QUARANTINE MEAL PLAN



	WEEK 1	WEEK 2	WEEK 3	WEEK 4	
MON					
TUE					
WED					
THU					
FRI					

WEEKEND

CUSTOMIZED QUARANTINE MEAL PLAN



Month 1	WEEK 1	WEEK 2	WEEK 3	WEEK 4	
SAT					
SUN					
Month 2	WEEK 1	WEEK 2	WEEK 3	WEEK 4	
SAT					
SUN					