

Two week menu kit

Buying 14 days or more worth of food can be a financial stretch. Take the guesswork out of what to purchase by using this 14-day menu kit.

Use the check boxes on the shopping list to determine what you have on-hand and what you need. For example, you may already have staple foods such as flour, vinegar, and spices in the home. Another way to develop a two-week emergency supply is to increase the amount of basic foods you normally keep on your shelves.

Use this menu kit as a guide

- Food and taste preferences are very personal and cultural.
- If you follow a special diet, have food allergies, require kosher or halal foods, or have other food needs, you will need to make substitutions.
- What's important are the amounts.
- Substitutions can be made while keeping the amounts to purchase. For example, if you prefer cauliflower over Brussels sprouts, purchase one bag of frozen cauliflower rather than one bag of frozen Brussels sprouts — base your purchase on your preference OR what is available. The menu kit mainly includes non-perishable, canned foods with some easy to access and store perishable foods.
- The recipes are very easy to prepare, and make enough for leftovers to be used for the next days' meals.

About the menu kit



Designed for two people

- A 14-day menu for two people.
- Meets basic nutrition needs including calories, protein, vitamin C, and fiber.
- A multi-vitamin would be recommended to meet full nutritional needs.



Costs about \$230 for everything, including staples

- It will cost less if you already have some of the items at home.



Easy to adapt for four people

- Multiply canned fruit amounts by two
- Multiply perishable items such as milk or eggs (depending on what your household usually consumes).
- Recipes should accommodate four to six adults.
- Consider preparing recipes from the kit a couple of times since you won't have as many leftovers.



Planning is key! The kit includes:

- A shopping list.
- Simple-to-use recipes that allow you to cook once and eat twice with leftovers.

Questions? Contact Abby Gold, Extension program leader — agold@umn.edu



Menu Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast						
Hard boiled egg	Scrambled Egg	Peanut butter	Chicken quesadilla*	Hard boiled egg	Peanut Butter	Breakfast burrito*
Cheerios	Oatmeal	Toast	Mandarin oranges	Whole wheat toast	Whole wheat toast	Apple juice
Raisins	Apple juice	Raisins		Peaches	Mandarin oranges	
Lunch						
Macaroni and cheese	Chicken rice soup*	Chicken rice soup (from day 2)	Black bean soup*	Black bean soup (Leftover from day 4)	Baked potato topped with leftover chili and cheese	Black bean soup (from day 4)
Broccoli	Mixed fruit	Whole wheat crackers	Saltine crackers	Saltine crackers	Pineapple	Whole wheat crackers
Pineapple		Apple sauce	Left over fruit from other meals	Mandarin Oranges		Applesauce
Dinner						
Tuna salad sandwich	Macaroni and cheese (leftover from day 1)	Chicken skillet with vegetables*	Pasta fagioli*	Chili*	Chicken skillet with vegetables (leftover from day 3)	Cheesy chicken rice hotdish*
Baby carrots	Brussels sprouts	Rice (make enough for day 6)	Green beans	Crackers	Rice (leftover from day 3)	Broccoli
Peaches	Pineapple	Pears	Peaches	Baby carrots	Applesauce	Peaches
				Pears		
Snack 1						
Peanuts	Yogurt	Peanut butter	Peanut butter	Parmesan cheese sprinkled on popcorn	Peanuts	Mozzarella cheese stick
Apple juice	Cheerios	Whole wheat crackers	Graham crackers	Banana	Cheerios/pretzels	Whole wheat crackers
		Dried fruit	Banana		Raisins	
Snack 2						
Graham crackers	Parmesan cheese sprinkled on popcorn	Granola/granola bar	Yogurt	Peanut butter	Mozzarella stick	Peanut butter
Milk	Banana	Banana	Granola bar	Whole wheat toast	Whole wheat crackers	Whole wheat toast
			Craisins	Craisins	Craisins or raisins	Banana

*Recipe included

Menu Week 2

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Breakfast						
Scrambled egg	Cheerios	Oatmeal	Peanut butter	Peanut butter	Hard boiled egg	Oatmeal
Toast	Mandarin oranges	Raisins	Toast	Oatmeal	Whole wheat toast	Peaches
Apple Juice			Apple Juice	Craisins	Apple juice	
Lunch						
Pasta fagioli (left over from day 4)	Cheesy chicken rice hotdish (leftover from day 7)	Three bean salad*	Tuna noodle hot dish*	Salmon patties (leftover from day 8)	Three bean Salad (leftover from day 10)	Chicken salad sandwich*
Mandarian oranges	Peaches	Whole wheat crackers	Frozen peas	Whole wheat bread	Baby carrots	Whole wheat bread
		Baby carrots		Canned fruit	Applesauce	Canned pears
Dinner						
Salmon patties*	Chili topped with (leftover from day 5)	Salmon pasta bowl*	Southwestern style rice bowl*	Spaghetti with meat sauce*	Tuna noodle casserole (leftover from day 11)	Southwestern style rice bowl (leftover from day 11)
Potatoes	Whole wheat crackers	Frozen Brussels sprouts	Frozen broccoli	Frozen broccoli	Frozen Brussels sprouts	Leftover vegetables
Canned pears	Mixed fruit	Apple sauce	Mixed fruit	Applesauce	Fruit	Leftover fruit
Snack 1						
Peanuts	Peanut butter	Popcorn	Toast, sprinkle with cinnamon sugar	Mozzarella stick	Peanuts	Yogurt
Apple juice	Whole wheat toast	Whole wheat crackers	Banana	Whole wheat crackers	Raisins	Raisins
		Baby carrots		Baby carrots		
Snack 2						
Mozzarella stick	Peanuts	Granola bar	Yogurt	Peanuts	Mozzarella stick	Popcorn
Whole wheat crackers	Yogurt	Banana	Granola bar	Dried fruit	Whole wheat crackers	Applesauce
			Dried fruit			

*Recipe included

Shopping list for both weeks:

Fresh produce

- 2 large onions
- 1 3-pound bag potatoes
- 1 bunch celery
- 1 1-pound bag baby carrots
- 1 green bell pepper
- 16 bananas

Canned and dry goods

Vegetables:

- 3 14.5 ounce cans carrots
- 1 14.5 ounce can corn
- 1 14.5 ounce can diced tomatoes with green chilies
- 3 14.5-ounce cans diced tomatoes
- 4 15-ounce cans spaghetti sauce
- 1 15-ounce can prepared chili
- 4 15-ounce cans black beans
- 2 15-ounce cans kidney beans
- 1 15-ounce can garbanzo beans
- 2 15-ounce can cannellini beans
- 1 14.5-ounce can mixed vegetables
- 1 14.5-ounce can green beans

Fruit:

- 3 large cans sliced pears
- 4 14.5-ounce cans sliced peaches
- 4 11-ounce cans mandarin oranges
- 1 20-ounce can pineapple
- 2 15-ounce cans mixed fruit
- 1 48-ounce jar applesauce
- 2 12-ounce boxes raisins
- 1 12-ounce bag Craisins
- 1 bag dried fruit of choice

Soup:

- 1 10.5-ounce can cream of mushroom soup
- 1 10.5-ounce can cream of chicken soup
- 4 quarts chicken stock (or 1 small jar chicken bouillon)

Meat:

- 3 7.5-ounce cans salmon
- 2 5-ounce cans tuna

Cereal, pasta and grains

- 1 9-ounce box regular Cheerios
- 1 canister quick-cooking oats
- 1 12-count box granola bars
- 1 pound penne pasta
- 1 pound elbow macaroni
- 1 pound spaghetti
- 1 pound brown rice
- 2 5.5-ounce boxes macaroni and cheese
- 2 9-ounce boxes whole wheat crackers
- 1 box graham crackers
- 1 box saltine crackers
- 1 6-count box microwave popcorn
- 1 16-ounce bag pretzels
- 2 loaves whole wheat bread
- 1 8-count package whole wheat tortillas
- 1 15-ounce canister bread crumbs

Pantry staples

- Salt
- Pepper
- Garlic powder
- Onion powder
- Ground cumin
- Chili powder
- Cinnamon

- Dried oregano
- Dried basil
- Celery seed
- Dried parsley
- Cayenne pepper
- 8-ounce jar Parmesan cheese
- Salsa
- 24-ounce jar vegetable oil
- All-purpose flour
- Prepared mustard
- Mayonnaise
- Cider vinegar
- Lemon juice
- Coffee
- Tea

Meat and dairy

- 6.5 pounds chicken (frozen breasts, fresh, or 7-5oz cans)
- 1 pound ground beef
- 1 gallon low-fat milk
- 18 eggs
- 16 ounces shredded cheddar cheese
- 16-ounce package mozzarella cheese sticks
- 1 quart plain or vanilla yogurt
- 1 pound butter

Frozen foods

- 1-pound bag frozen peas
- 2-pound bag frozen broccoli
- 2-pound bag frozen Brussels sprouts
- 2-pound bag frozen mixed vegetables

Chicken Quesadilla

Makes 1 quesadilla

Ingredients:

1/4 cup canned or leftover chicken, shredded
1 teaspoon vegetable oil
1/4 cup shredded cheddar cheese
1 or 2 whole wheat tortillas

Directions:

Time needed:

5 minutes preparation
5 minutes cook time

1. Heat oil in fry pan on medium heat.
2. Add chicken and cook until heated through.
3. While chicken is cooking, place one tortilla on a large plate, sprinkle 1/8 cup cheese over 1/2 the tortilla or the whole tortilla if using 2.
4. Spread chicken over the cheese, sprinkle the remaining cheese over the chicken.
5. Fold the tortilla over the filled 1/2 (or place the whole 2nd tortilla on top). Place the filled tortilla in the fry pan and heat on medium heat until the cheese begins to melt. Flip over and heat through (about 30 seconds).

Breakfast Burrito

Makes 1 burrito

Ingredients:

1 egg
Chopped onion, salt and pepper to taste
1 teaspoon vegetable oil
1/4 cup shredded cheddar cheese
Salsa to taste
1 whole wheat tortilla

Directions:

Time needed:

5 minutes preparation
5 minutes cook time

1. Heat oil in fry pan on medium heat. In a separate bowl, whisk egg (add water or milk to taste).
2. Cook rice
3. Cook onion in oil until translucent, add egg, salt and pepper and cook while stirring until egg is set.
4. Meanwhile, lay tortilla on a large plate. When egg is cooked, spoon it onto the tortilla along the middle. Sprinkle with cheese and add salsa to taste.
5. Roll into a burrito to serve: Fold up the lower edge of the tortilla, fold one side over the egg then fold the other side on top.

Chicken Rice Soup

Serves 8

Ingredients:

2 cups cooked rice (white, brown, or wild rice)
1 20-ounce can chicken
1 cup chopped onion or 1 Tablespoon onion powder
1 can chicken broth or 1 teaspoon chicken bouillon dissolved in 10 oz warm water
1 can sliced carrots
2 cups milk
1/2 cup flour (to thicken the milk soup base)
Spices: to taste (celery seed, garlic powder, black pepper, thyme, sage, rosemary)
1 Tablespoon cooking oil
4 Tablespoons butter

Directions:

Time needed:
20 minutes preparation
20 minutes cook time

1. Prepare rice according to package directions.
2. Saute onion in oil until transparent.
3. Stir in chicken broth and spices.
4. Add chicken and carrots to broth. Bring to a boil, turn heat down and let it simmer for 5 minutes.
5. In a separate pan, make a roux by melting the 4 tablespoons of butter and whisking in the flour, slowly whisk in the milk.
6. Pour in the roux, stir until smooth, add cooked rice.

Blackbean Soup

Serves 6

Ingredients:

2 15-ounce cans black beans, rinsed and drained
1 10-ounce can tomatoes and green chilies
1 14.5 ounce can diced tomatoes
2 cubes chicken bouillon, dissolved in 2 cups warm water
1 15-ounce can corn or creamed corn
2 Tablespoon chili powder
1 teaspoon ground cumin
1/2 teaspoon garlic powder

Directions:

Time needed:
10 minutes preparation
30 minutes cook time

1. In a large stockpot or saucepan, combine all the ingredients.
2. Stir to mix thoroughly and heat on the stovetop on medium until heated through. About 30 minutes.
3. Stir frequently and adjust heat so soup does not stick to the bottom or burn.
4. Serve at once. Refrigerate leftovers.

Chicken Skillet with Vegetables

Serves 4

Ingredients:

1 cup canned chicken
1 cup frozen vegetables
1/2 cup chicken broth or water
Salt and pepper to taste. Optional: 1 Tablespoon soy sauce
2 cups cooked rice

Directions:

Time needed:

10 minutes preparation
15 minutes cook time

1. Heat chicken and vegetables together in a medium skillet or fry pan.
2. Add broth or water and seasonings.
3. Add cooked rice and stir together.
4. Cook on medium until heated through, stirring occasionally.



Pasta Fagioli

Serves 6

Ingredients:

4 cubes chicken bouillon, dissolved in 4 cups warm water
1 14-ounce can diced tomatoes, undrained
2 15-ounce cans spaghetti sauce
1 15-ounce can black beans, rinsed and drained
1 15-ounce can kidney beans, rinsed and drained
1 15-ounce can cannellini beans, rinsed and drained
1 8-ounce can sliced carrots, drained
Spices: 1 tsp. dried oregano, 1 tsp. black pepper, 2 tsp. dried parsley, 1 tsp. garlic powder, 1 tsp. onion powder
8 ounces pasta, uncooked

Directions:

Time needed:

10 minutes preparation
30 minutes cook time

1. In a large stockpot or saucepan, combine all the ingredients except the pasta.
2. Heat on the stovetop on medium, stirring occasionally, until heated through. About 15 minutes.
3. Add the pasta and simmer, uncovered 9-12 minutes.
4. Serve at once. Refrigerate leftovers.



Chili

Serves 6

Ingredients:

1/2 pound ground beef
2 Tablespoons chopped onion, if desired
1 15-ounce can prepared chili
1 14-ounce can diced tomatoes
Seasonings to taste: salt, pepper, chili powder, cumin, cayenne pepper, etc.

Directions:

Time needed:

10 minutes preparation
15 minutes cook time

1. Fry the ground beef (with onions of desired) in a large skillet over medium heat. Drain excess fat.
2. Add the chili and tomatoes and stir.
3. Add seasonings to taste.
4. Simmer for 10 minutes to heat through.
5. Refrigerate leftovers promptly.

Cheesy Chicken Rice Hotdish

Serves 6

Ingredients:

1 cup uncooked brown rice
1 cup onion, diced
1 (10.5 oz) can cream of chicken soup
1 cup milk
½ teaspoon black pepper
½ teaspoon garlic powder
2 cups frozen vegetables
20 oz canned chicken
½ cup shredded cheddar cheese

Directions:

Time needed:

20 minutes preparation
30 minutes cook time

1. Heat the oven to 375 degrees.
2. Cook rice
3. In a large bowl, mix together onion, cream soup, milk, pepper, and garlic. Stir in the chicken, cooked rice, and frozen vegetables.
4. Pour the mixture into a 13 x 9-inch pan.
5. Bake for 30 minutes. Top with cheese and serve.

Salmon Patties

Serves 6

Ingredients:

1 15-ounce can salmon
1 Tablespoon lemon juice
Cold water
1/4 cup each of minced celery, green pepper and onion
2 eggs
2 Tablespoon flour
1/8 teaspoon black pepper
1 Tablespoon vegetable oil

Directions:

Time needed:

15 minutes preparation
10 minutes cook time

1. Wash the vegetables.
2. Open the salmon, drain liquid into a measuring cup. Add lemon juice and enough cold water to make 1/2 cup.
3. In a separate bowl, beat the eggs with a fork, stir in the salmon and vegetables. Add flour, pepper, bread crumbs and salmon liquid and mix well.
4. Make six patties, about 1/2" thick.
5. Heat the oil in a skillet and cook patties for 2-3 minutes per side.



Three Bean Salad

Makes 5 cups

Ingredients:

1 14-ounce can garbanzo beans
1 14-ounce can kidney beans
1 14-ounce can cannellini beans
1/4 cup onion, chopped
1-2 Tablespoons cider vinegar
1-2 Tablespoons vegetable or olive oil
Salt and pepper to taste

Directions:

Time needed:

10 minutes preparation
2 hours wait time

1. Open, drain and rinse each can of beans separately than pour into a 2 quart bowl. Add the onions.
2. In a small bowl, whisk together the vinegar and oil and spices to taste.
3. Stir the oil/vinegar mixture into the beans, making sure to coat all the beans evenly.
4. Cool for 2 hours in the refrigerator to blend flavors. Serve at room temperature.
5. Refrigerate leftovers.



Salmon Pasta Bowl

Serves 2

Ingredients:

1/4 cup or 1/2 of a 15-ounce can of canned salmon
1/2 pound cooked pasta (elbow macaroni, bowties, penne, etc.)
1/2 cup frozen Brussels sprouts (or other vegetable), thawed and chopped
2 Tablespoons mayonnaise or plain yogurt
1 Tablespoon prepared yellow or brown mustard
1 teaspoon lemon juice
Salt and pepper to taste

Directions:

Time needed:

5 minutes preparation
10 minutes cook time

1. Cook pasta according to package directions, drain and cool.
2. In a 1 quart bowl, whisk together the mayonnaise or yogurt, brown mustard and lemon juice. Season to taste.
3. Add salmon, vegetables and cooked pasta, mix well.
4. Serve at room temperature or cool if refrigerated.
5. Refrigerate leftovers.



Tuna Noodle Hot Dish

Serves 4

Ingredients:

1 10-ounce can cream of mushroom soup
1/2 cup milk
2 cups cooked noodles
1 5-ounce can tuna
1 cup frozen peas
1/2 cup chopped onion or 2 tsp. onion powder
1/2 tablespoon black pepper
1 to 2 cups crushed saltines or bread crumbs

Directions:

Time needed:

10 minutes preparation
30 minutes cook time

1. Heat the oven to 350 degrees.
2. In a large bowl, blend soup and milk, add pepper and onion. Stir in the tuna, vegetables and cooked noodles.
3. Pour the mixture into a 1 1/2 quart casserole dish and sprinkle with crushed saltines.
4. Pour the mixture into a 13 x 9-inch pan.
5. Bake for 30 minutes. Serve at once. Refrigerate leftovers.



Southwestern Style Rice Bowl

Serves 4

Ingredients:

3 cups cooked rice
1 Tablespoon vegetable oil
1 15-ounce can mixed vegetables
1 14.5 ounce can green beans
1 15-ounce can beans (black, garbanzo, kidney or cannellini)
Spices: 1 tsp. garlic powder, 1 tsp. onion powder, 1/2 tsp. black pepper
8 ounces taco sauce
Optional: salsa

Directions:

Time needed:
15 minutes preparation
10 minutes cook time

1. Cook the rice.
2. Heat the vegetable oil in a skillet on the stovetop. Add the vegetables, beans and spices.
3. Cook and stir until vegetables are heated through.
4. Spoon 3/4 cup rice into each of 4 bowls. Top with the vegeta-ble/bean mixture, serve with salsa to taste.
5. Serve at once. Refrigerate leftovers.

Spaghetti with Meat Sauce

Serves 4

Ingredients:

1 pound spaghetti noodles
2 15-ounce cans spaghetti sauce
1/2 pound ground beef
1/4 cup chopped onion
1/2 teaspoon garlic powder
1 teaspoon dried oregano
1 teaspoon dried parsley flakes
1/2 teaspoon dried basil
Salt and pepper to taste
Parmesan cheese for garnish

Directions:

Time needed:
10 minutes preparation
20 minutes cook time

1. Cook spaghetti according to package directions.
2. Fry ground beef with onion over medium heat in large skillet. Drain fat.
3. Add spaghetti sauce and spices to the beef. Stir and simmer on low to blend flavors.
4. To serve: Divide cooked spaghetti between 4 plates, pour sauce over spaghetti. Top with Parmesan cheese, if desired.

Chicken Salad

Serves 1

Ingredients:

1/2 of a 5-ounce can or 1/4 cup shredded chicken
2 Tablespoons minced onion or 1/2 teaspoon onion powder
Optional: 1 stalk celery, minced
1-2 Tablespoons mayonnaise
Salt and pepper to taste

Directions:

Time needed:

5 minutes preparation

0 minutes cook time

1. In 2-cup bowl, mix together the chicken and mayonnaise. Add vegetables, if desired. Mix well and season to taste.
2. Spread on bread for a sandwich or spoon on top of a bed of leafy greens.
3. Refrigerate leftovers.

Flavor boost: Sprinkle with dried cranberries or chopped nuts.

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