

Healthy Meals on a Budget

3 meal with 1 snack ~1600 calories/ 50% carbohydrates/ 25% protein/ 25% fat.
 <1,500 mg sodium, >35g fiber

Breakfast

Balanced Oatmeal			Toast w/ Fruit Yogurt			Protein w/ Toast & Fruit		
Oats*	1/2c	0.09	Greek Yogurt*	6oz	0.35	HB Egg	2	0.20
Mixed Berry	½ c	0.33	Mixed Berry	½ c	0.33	Banana	1	0.19
Flax seed	1TBS	0.08	Peanut Butter	1TBS	0.49	Peanut Butter	1 TBS	0.49
Soymilk	8oz	0.24	Toast	1	0.18	Toast	1	0.18
Coffee/ Tea	1c	0.18	Coffee/ Tea	1c	0.18	Coffee/ Tea	1c	0.18
		\$0.92			\$1.53			\$1.24

Lunch

Protein Plate			Chicken Salad			Tuna Salad Sandwich		
HB Egg	1	0.10	<i>Chicken Breast</i>	3oz	0.56	Tuna	½ c	0.37
Greek Yogurt*	6oz	0.35	Oil/ Vinegar	2TBs	0.14	Greek Yogurt*	2oz	0.13
Bread/ Toast	1	0.18	Bread	1	0.18	Bread/ Toast	2	0.36
Peanut Butter	1.5TBS	0.73	Spinach	1c	0.60	Cheese slice	1	0.15
Banana	1	0.19	Banana	1	0.19	Apple	1	0.40
Bell Pepper	1	0.41	Carrots	½ c	0.17	Spinach/pepper	1 c	0.54
		\$1.96			\$1.84			\$1.95

Dinner

Chicken Tacos			Fried Rice			Spaghetti		
<i>Chicken Breast</i>	4oz	0.75	Egg	2	0.20	<i>Chicken Breast</i>	4oz	0.75
Black Beans	5oz	0.18	Brown Rice *	1 c	0.10	Wheat noodles	3oz	0.18
Corn Tortilla	3	0.15	Edamame	½ c	0.59	Tomato sauce	¾ c	0.30
Tomato/onion	1/2c	0.50	Onion/ pepper	¾ c	0.56	Tomato/onion	½ c	0.50
Greek Yogurt*	3TBS	0.13	Oil/ Soy sauce	2TBS	0.15	Olive oil	1TBS	0.07
Pepper	1/2	0.37	Broccoli (fzn)	1 c	0.25	Broccoli (fzn)	1c	0.25
		\$2.08			\$1.85			\$2.05

Snack(s) options:

Edamame	½ c	0.59	Toasted Tortilla	2	0.15	Cheese Slice	1	0.15
Clementine	1	.10	Black Bean	5oz	0.18	Apple	1	0.40
Baby Carrot	6	0.20	Peppers	½ c	0.21	Baby carrots	6	0.20
			Clementine	1	0.10			
		0.89			0.55			0.75

Daily total \$:

\$ 5.85	\$ 6.08	\$ 5.99
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(*)= add seasoning/ spices "Chicken" = can substitute tofu **= based off Wal-Mart Pricing 6/2021

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Item Name	Brand	Count/ Size	#	Cost/ item	Total
Produce			Needed		Cost
Banana	-	1 lb.	4	.55	2.20
Clementine	-	3lb	1	3.98	3.98
Tomato (Fresh)	-	3 pack	2	1.50	1.50
Apple	-	1 lb.	2	1.30	2.60
Raw Spinach	-	10oz	1	1.98	1.98
Onion, White	-	1	3	0.48	1.44
Bell Pepper	-	1	3	.72	2.16
Carrot Sticks	Bolthouse	1 lb.	1	1.00	1.00
Refrigerator					
Chicken Breast	-	1 lb.	1	2.93	2.93
Cheese Slices, Reduced Fat, Jack	Great value	12	1	1.84	1.84
Eggs	Great value	12	1	1.25	1.25
Plain Nonfat Greek Yogurt	Great value	32 oz	1	1.74	1.74
Organic Soy milk, Unsweetened	Great value	½ gallon	1	2.36	2.36
Shelf Stable					
Wheat Bread	Naked	22 oz	1	2.50	2.50
Wheat Spaghetti	Great value	16oz	1	1.00	1.00
Rice Brown	Great Value	1 lb.	1	.78	.78
Corn Tortilla	mission	30 ct	1	1.46	1.46
Old Fashioned Oats	Great Value	42 oz	1	2.46	2.46
No Salt Added Tomato Sauce	Great Value	24oz	1	1.50	1.50
balsamic vinegar	Great Value	17.6 oz	1	2.98	2.98
olive oil	Great Value	17.6 oz	1	2.52	2.52
Tuna in Water	Great Value	5oz	2	0.72	1.44
Creamy, Peanut Butter	Adams	16 oz	1	2.94	2.94
Flax Seed	Great Value	16 oz	1	2.37	2.37
Black Beans	Great Value	15oz	2	0.58	1.16
Frozen					
Edamame	Sea point	1	1	2.00	2.00
Broccoli, frozen	Great Value	1	1	1.00	1.00
Frozen Mixed Berries	Great Value	16oz	1	1.98	1.98
Spices					
Cinnamon	Great Value	2.25	1	.98	.98
Black Pepper & salt	Great Value	2.25	1	1.56	1.56
All Spice	Great Value	2.25	1	.98	.98
Flax Seed	See Above	-	-	-	-

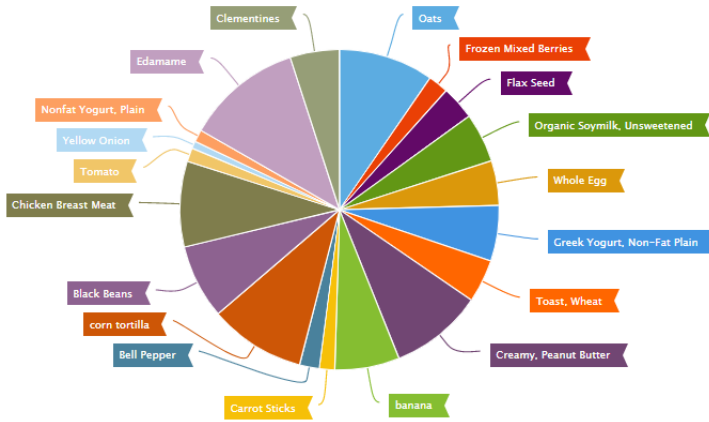
\$ 58.59

Total for Two Weeks (+):

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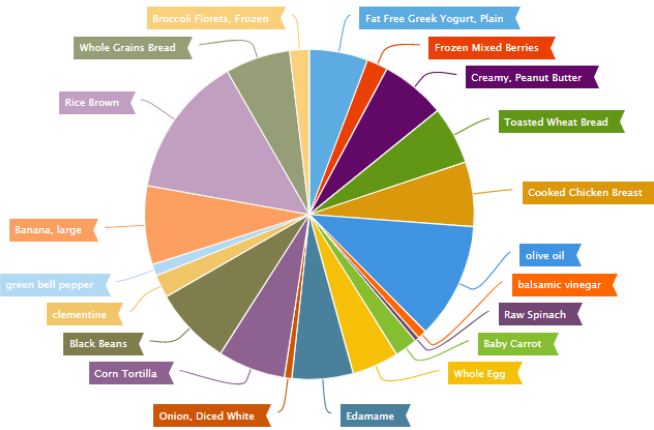
Daily Nutrition Chart: **Calories** ▾



Nutrition Facts

Calories 1601.85		Calories from Fat 397
		Pct. Daily Value
Total Fat	44g	76%
Saturated Fat	8g	45%
Monounsaturated Fat	9g	
Polyunsaturated Fat	13g	
Trans Fat	1g	
Cholesterol	271mg	104%
Sodium	626mg	30%
Potassium	2623mg	87%
Total Carbohydrate	200g	116%
Dietary Fiber	45g	206%
Sugars	59g	
Other Carbohydrate	0g	
Protein	107g	82%
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Vitamin A	291	
Vitamin C	650	
Calcium	80	
Iron	62	
Vitamin D	10	
Vitamin E	5	
Vitamin K	10	
Thiamin (B1)	2	
Riboflavin (B2)	2	
Niacin (B3)	17	
Vitamin B6	2	
Folic Acid (Folate)	10	
Vitamin B12	10	
Biotin	1	
Phosphorus	875	
Magnesium	270	
Panthenic Acid	4	
Zinc	7	
Copper	2	
Manganese	5	
Chromium	1	
Molybdenum	1	

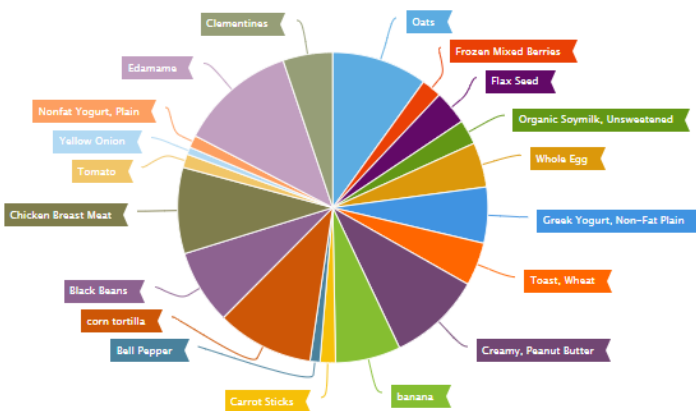
Daily Nutrition Chart: **Calories** ▾



Nutrition Facts

Calories 1568.55		Calories from Fat 419
		Pct. Daily Value
Total Fat	47g	80%
Saturated Fat	9g	50%
Monounsaturated Fat	6g	
Polyunsaturated Fat	7g	
Trans Fat	1g	
Cholesterol	248mg	96%
Sodium	730mg	35%
Potassium	2035mg	67%
Total Carbohydrate	211g	122%
Dietary Fiber	38g	175%
Sugars	56g	
Other Carbohydrate	0g	
Protein	84g	64%
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Vitamin A	345	
Vitamin C	116	
Calcium	50	
Iron	53	
Vitamin D	12	
Vitamin E	5	
Vitamin K	10	
Thiamin (B1)	3	
Riboflavin (B2)	3	
Niacin (B3)	17	
Vitamin B6	3	
Folic Acid (Folate)	14	
Vitamin B12	12	
Biotin	2	
Phosphorus	781	
Magnesium	256	
Panthenic Acid	5	
Zinc	7	
Copper	6	
Manganese	6	
Chromium	2	
Molybdenum	2	

Daily Nutrition Chart: **Calories** ▾



Nutrition Facts

Calories 1545.85		Calories from Fat 378
		Pct. Daily Value
Total Fat	42g	73%
Saturated Fat	7g	43%
Monounsaturated Fat	8g	
Polyunsaturated Fat	11g	
Trans Fat	1g	
Cholesterol	271mg	104%
Sodium	587mg	28%
Potassium	2369mg	78%
Total Carbohydrate	194g	112%
Dietary Fiber	43g	201%
Sugars	57g	
Other Carbohydrate	0g	
Protein	102g	79%
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Vitamin A	262	
Vitamin C	514	
Calcium	65	
Iron	58	
Vitamin D	9	
Vitamin E	5	
Vitamin K	9	
Thiamin (B1)	2	
Riboflavin (B2)	2	
Niacin (B3)	17	
Vitamin B6	2	
Folic Acid (Folate)	9	
Vitamin B12	9	
Biotin	1	
Phosphorus	863	
Magnesium	264	
Panthenic Acid	4	
Zinc	7	
Copper	2	
Manganese	2	
Chromium	1	
Molybdenum	1	