

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	Chicken Breast	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		
Chicken Breast	4oz	\$0.75	Egg	2	\$0.20	Chicken Breast	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

\$6.00/ day  1600 calories  50% carbohydrates/ 25% protein/ 25% fat  <1,500 mg sodium, >35g fiber



## BUDGET SHOPPING LIST

Produce	Count/ Size	# Needed	Cost/ item	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	1 lb.	1	1.00	1.00
<b>Refrigerator</b>				
Chicken Breast	1 lb.	1	2.93	2.93
Cheese Slices, Reduced Fat, Jack	12	1	1.84	1.84
Eggs	12	1	1.25	1.25
Plain Nonfat Greek Yogurt	32 oz	1	1.74	1.74
Organic Soymilk, Unsweetened	½ gallon	1	2.36	2.36
<b>Shelf Stable</b>				
Wheat Bread	22 oz	1	2.50	2.50
Wheat Spaghetti	16oz	1	1.00	1.00
Rice Brown	1 lb.	1	.78	.78
Corn Tortilla	30 ct	1	1.46	1.46
Old Fashioned Oats	42 oz	1	2.46	2.46
No Salt Added Tomato Sauce	24oz	1	1.50	1.50
balsamic vinegar	17.6 oz	1	2.98	2.98
olive oil	17.6 oz	1	2.52	2.52
Tuna in Water	5oz	2	0.72	1.44
Creamy, Peanut Butter	16 oz	1	2.94	2.94
Flax Seed	16 oz	1	2.37	2.37
Black Beans	15oz	2	0.58	1.16
<b>Frozen</b>				
Edamame	1	1	2.00	2.00
Broccoli (or any vegetable!)	1	1	1.00	1.00
Frozen Mixed Berries	16oz	1	1.98	1.98
<b>Spices</b>				
Cinnamon	2.25	1	.98	.98
Black Pepper & salt	2.25	1	1.56	1.56
All Spice	2.25	1	.98	.98
Flax Seed	-	-	-	-

**Total Estimated: \$ 58.59 (2-3 weeks)**

### How to Save Money on Food

- Buy from the bulk section – it's usually cheaper per pound and you can choose how much or little you need
- Buy frozen fruit and vegetables – these are often cost effective, just as healthy as fresh, and you don't have to worry about wasting food
- Buy generic instead of name brand
- Buy in season produce (apples and squash in the fall, strawberries in spring, etc...)
- Look for sales, deals, and coupons
- Have a grocery list prepared ahead of time and stick to it
- Bring food instead of eating out

