

## Healthy Meals for \$50.00 a Week

<b>Monday</b>	<b>Breakfast:</b> rolled oats (½ cup dry) with water, 1 tbsp peanut butter, 1 medium apple (optional: cinnamon)	<b>Lunch:</b> Veggie Plate - 1 cup cooked brown rice, ¾ cup cooked black beans, 1.5 cups sautéed cabbage with ½ cup canned tomatoes (optional: pinch of salt)	<b>Snack:</b> 3 cups air-popped popcorn with light salt	<b>Dinner:</b> 3oz. rotisserie chicken, 10 oz baked potatoes dusted in paprika, 1 cup cooked frozen spinach, 1 slice whole-grain bread with 1/2tsp butter
<b>Tuesday</b>	<b>Breakfast:</b> Tex-Mex Omelette: 3oz shredded rotisserie chicken with ¼ cup canned tomatoes, 1 scrambled egg (optional: chili powder, garlic powder, hot sauce)	<b>Lunch:</b> 1 rotisserie chicken thigh sautéed with 1c cooked chickpeas, ½ cup cooked brown rice, ½ cup canned tomatoes--add oregano, thyme and paprika for spice	<b>Snack:</b> 1.5 tbsp peanut butter on 1 slice whole-grain bread	<b>Dinner:</b> 1 can (5 oz) tuna drained on 8 oz skillet cooked potatoes add 1 cup frozen spinach to the pan, spice with paprika, salt, pepper, 1 tsp mayo or Greek yogurt for tang
<b>Wednesday</b>	<b>Breakfast:</b> Parfait: 1c plain Greek yogurt, ½ apple, 1/4c cooked oats spiced with cinnamon	<b>Lunch:</b> One Pan Greek Chicken: Sear seasoned chicken pieces (salt, pepper, oregano, garlic), add 1/4c chickpeas, 1/4c diced tomatoes or a splash of lemon, simmer 10 minutes, then stir in 1/4c spinach until wilted. Finish with olive oil and a dollop of Greek yogurt.	<b>Snack:</b> 3 cups air-popped popcorn with light salt	<b>Dinner:</b> Potato Bake: 2 scrambled eggs, 10 oz. roasted potatoes, 1 cup frozen spinach, 1/2c shredded cheddar cheese baked 375' for 35 minutes
<b>Thursday</b>	<b>Breakfast:</b> ½ cup oats with 1 tbsp peanut butter, 1 whole apple	<b>Lunch:</b> One Pot Lentil Rice Skillet: 1 cup cooked lentils, ½ cup cooked brown rice, 1.5 cups shredded sautéed cabbage (optional spices: tomato paste, soy sauce, lemon juice, pinch of salt) 1 small apple on the side	<b>Snack:</b> 1 slice whole-grain bread with 1 tbsp peanut butter	<b>Dinner:</b> Hearty Vegetable Soup: place the left over rotisserie chicken carcass in a crock pot, heat to temp and add water, 1c cabbage, tomatoes, chickpeas, spinach and spices
<b>Friday</b>	<b>Breakfast:</b> ½ cup oats cooked with 1 egg stirred in (optional: 2T shredded cheddar, pinch of salt)	<b>Lunch:</b> Tuna and rice plate with 1 can tuna, ¾ cup cooked brown rice, 1 cup stewed cabbage	<b>Snack:</b> 1 medium apple	<b>Dinner:</b> Rice and beans bowl with 1 cup cooked brown rice, ¾ cup cooked black beans, 1 cup sautéed cabbage
<b>Saturday</b>	<b>Breakfast:</b> Parfait: 1c yogurt, ½ apple, 1/4c cooked oats spiced with cinnamon	<b>Lunch:</b> lentil soup with 1 cup cooked lentils, 1 cup canned tomatoes, ½ cup frozen spinach	<b>Snack:</b> 3 cups popcorn	<b>Dinner:</b> same as Wednesday
<b>Sunday</b>	<b>Breakfast:</b> ½ cup oats with 1 tbsp peanut butter, 1 whole apple	<b>Lunch:</b> same as Thursday	<b>Snack:</b> 1 slice whole-grain bread with 1 tbsp peanut butter, 1 small apple	<b>Dinner:</b> same as Tuesday



## The \$50.00 a Week Shopping List

### DELI

1 Rotisserie chicken

### GRAINS & CEREALS

Rolled oats — 1 large container (18 oz / ~2 lbs)

Brown or white rice — 5–6 lbs total

Whole-grain bread — 1 loaf

Popcorn kernels — 1 medium bag (16 oz)

Legumes (Dried)

Dry black beans — 1 lb

Dry chickpeas — 1 lb

Dry lentils — 1–1.5 lbs

### PANTRY STAPLES

Peanut butter — 1 jar (16 oz)

Salt — (small container if needed)

Pepper — (optional)

Cooking oil (olive or vegetable) — small bottle

### CANNED GOODS

Canned tuna — 4–5 cans (5 oz each)

Canned tomatoes — 5–6 cans (14–15 oz each)

### FROZEN PRODUCE

Frozen spinach — 2–3 lbs total (usually 2–3 bags)

### DAIRY

Eggs — 1.5 dozen (18 eggs)

shredded cheddar cheese

Greek yogurt (large container)

### FLAVORINGS & SPICES

Garlic powder

Chili powder

Paprika

Soy sauce (small bottle)

Vinegar (white or apple cider)

### NEED MORE PROTEIN?

1c Greek Yogurt +\$1-1.50/serving

4-5oz chicken breast +\$1.25-\$1.75/serving

1c cottage cheese +\$0.70-\$1.20/serving

### NEED MORE FAT?

1T ground flaxseed or chia +\$0.05/serving

1oz walnuts or almonds +\$0.70-0.95/serving

2T nut butter +\$0.15/serving

### NEED MORE CARBOHYDRATES?

2 corn tortillas +\$0.15/serving

1c cooked whole grain pasta +\$0.15-0.25/serving

1.5c cooked brown rice +\$0.10-0.15/serving

### NEED MORE FLAVOR?

fresh garlic +\$0.03/clove

1T mustard +\$0.05-0.10/serving