

WEEK 1 – Budget-Friendly Meal Plan

Estimated Total: ~1700 Calories/Day

Day	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Mon	½ cup oats, 1 tbsp peanut butter, ½ banana, water or milk	1 boiled egg + 1 small apple	¾ cup cooked rice, ¾ cup black beans, ¼ avocado, 2 tbsp salsa	1 cup carrot sticks + 2 tbsp hummus	2 eggs scrambled, 1 cup cubed potatoes (roasted), 1 cup mixed veggies (frozen)	¾ cup plain Greek yogurt + 1 tsp honey
Tue	½ cup oats, ¼ cup frozen berries, cinnamon	1 boiled egg	Tuna sandwich: 1 can tuna, 2 slices whole wheat bread, 1 tbsp mustard, onion slices	1 small apple	2 scrambled eggs, 1 cup cooked rice, 1 cup frozen mixed veggies, 1 tsp oil	1 slice whole wheat toast + 1 tbsp peanut butter
Wed	1 slice whole wheat toast + 1 tbsp peanut butter + 1 banana	½ cup Greek yogurt	1½ cups lentil stew (lentils, carrots, onions), 1 slice whole wheat bread	1 cup carrots + 2 tbsp hummus	1 medium baked potato (about 1½ cups), ½ cup black beans, 2 tbsp salsa	1 boiled egg
Thu	Overnight oats: ½ cup oats, 1 banana, ½ cup milk or	1 small apple	¾ cup cooked rice, ¾ cup cooked black beans, ¼ cup	1 boiled egg + 1 cup carrot sticks	2 eggs scrambled, 1 slice toast, 1 cup sautéed	1 small apple + 1 tbsp peanut butter

	water, cinnamon		frozen corn, 2 tbsp salsa		veggies (frozen)	
Fri	½ cup oats, 1 tbsp peanut butter, ½ banana, cinnamon	1 cup carrot sticks + 2 tbsp hummus	Tuna rice bowl: ½ can tuna, ¾ cup cooked rice, ¼ avocado	½ cup Greek yogurt + cinnamon	2 eggs, 1 cup frozen mixed veggies, ¾ cup cooked rice, 1 tsp oil	1 square dark chocolate
Sat	1 slice toast + 1 tbsp peanut butter + 1 banana	1 boiled egg + 1 small apple	1½ cups leftover lentil stew or rice/beans mix	2 cups air-popped popcorn (plain)	2 eggs + 1½ cups potatoes (cubed and roasted) + 1 cup mixed veggies	¾ cup Greek yogurt + 1 tsp honey
Sun	½ cup oats + ½ banana + cinnamon	1 small apple	¾ cup cooked black beans + ¼ cup frozen corn + 2 tbsp salsa + 1 slice toast	1 cup carrots + 2 tbsp hummus	2 scrambled eggs + ¾ cup rice + 1 cup frozen veggies + 1 tsp oil	1 slice toast + 1 tbsp peanut butter

✓ Notes:

- **Rice, beans, and eggs** are used frequently — prep in bulk at the start of the week.
- **Frozen vegetables** are portioned to 1 cup per serving unless noted.
- A “cup” = **standard measuring cup** (not coffee mug).
- **Feel free to adjust portions** slightly based on hunger and activity.

Disclaimer: I am not a registered dietitian. This meal plan is a sample intended for general guidance and educational purposes only. It is not designed to diagnose, treat, or manage any medical conditions. For personalized nutrition advice or medically prescribed diets, please consult your doctor or a licensed healthcare professional.



WEEK 1 – BUDGET SHOPPING LIST



Proteins

- **Eggs** – 1 dozen (12 eggs)
 - **Canned tuna** – 3 cans (5 oz each, packed in water)
 - **Plain Greek yogurt** – 32 oz tub (for 4 servings, $\frac{3}{4}$ cup each)
 - **Peanut butter** – 1 jar (16 oz, for 7 tbsp)
 - **Lentils** – 1 bag (dry, 1 lb) or 3 cans (15 oz each)
 - **Canned black beans** – 3 cans (15 oz each)
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Grains & Carbs

- **Old-fashioned rolled oats** – 1 container (18 oz or more for $3\frac{1}{2}$ cups)
 - **Brown rice** – 2 cups dry (yields ~6 cups cooked)
 - **Whole wheat bread** – 1 loaf (for 7 slices)
 - **Whole wheat or corn tortillas** – optional (4–6 tortillas)
 - **Potatoes** – 4–5 medium (about 5 cups)
 - **Popcorn kernels** – 1 small bag (optional, 2 cups air-popped)
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Vegetables (Fresh or Frozen)

- **Frozen mixed vegetables** – 3 bags (16 oz each)
 - **Carrots** – 1 lb bag (for snacks and cooking)
 - **Onions** – 2–3 medium
 - **Garlic** – 1 bulb (optional, for flavor)
 - **Avocados** – 3 ($\frac{1}{4}$ per meal, or skip if too expensive)
 - **Frozen corn** – 1 small bag (for rice bowls and salads)
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Fruits

- **Bananas** – 7–8 (1 per day)
 - **Apples** – 5–6 (for snacks)
 - **Frozen berries** – 1 small bag (optional for oats)
 - **Lemon** – 1 (optional for flavor)
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Pantry Staples (if not already stocked)

- **Olive oil or vegetable oil** – small bottle (for cooking)
 - **Salt & pepper** – pantry essentials
 - **Cinnamon** – small container (for oats and flavoring)
 - **Hot sauce, mustard, or salsa** – small bottle/jar (optional but helps with flavor)
 - **Honey** – small bottle (optional for sweetening yogurt)
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Additional Notes:

- **Bulk-buying** dry lentils, rice, and oats saves money for future weeks.
 - **Frozen vegetables** are often cheaper and more convenient than fresh, and they have a long shelf life.
 - The **potatoes** will be used in a couple of meals (scrambled eggs + potatoes, baked potatoes with beans).
 - **Popcorn kernels** are optional but make for a healthy, low-cost snack if you want to add variety.
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Estimated Total Cost:

- **\$45–\$60** depending on store location (Walmart, Aldi, Trader Joe's, etc.)
- **Tips for saving:**
 - Stick to **store brands** and **buy in bulk** where possible.

- If **avocados** are too pricey, they can be omitted.
- Opt for **dry lentils** instead of canned for even more savings.