

## BREAKFAST

### Overnight Oats

|               | <u>Amount Needed</u> | <u>Price per meal</u> | <u>Item price</u> |
|---------------|----------------------|-----------------------|-------------------|
| Plain oatmeal | ~1/2 cup             | 30 cents              | \$0.68/lb         |
| Milk          | ~1/2 cup             | 13 cents              | \$3.99 gallon     |
| Honey         | 1 tbsp.              | 53 cents              | \$6.00 bottle     |
| Chia          | 2 tbsp               | 32 cents              | \$0.32            |
| Banana        | 1 fruit              | 22 cents              | \$0.49/lb         |
| Blueberries   | 1 oz                 | 25 cents              | \$2.98/pint       |
| Almond Butter | ~2 tbsp              | 69 cents              | \$6.98 jar        |

**Total: \$2.44/serving**

Optional to add/substitute:

Swap regular milk for almond, cashew, soy, etc.

Directions:

*Place oatmeal, milk, and chia together in container, close, shake, and then store in refrigerator overnight. In the morning, top with banana, blueberries, almond butter and honey.*

## LUNCH

### Salmon Roll Sushi Bowl

|                               | <u>Amount Needed</u> | <u>Price per meal</u> | <u>Item price</u> |
|-------------------------------|----------------------|-----------------------|-------------------|
| California Calrose sushi rice | ½ cup                | 65 cents              | \$2.99/lb         |
| Cucumber                      | ½ fruit              | 26 cents              | \$0.52 each       |
| Avocado                       | ½ fruit              | 60 cents              | \$1.20 each       |
| Seaweed sheets                | 1 pack               | 50 cents              | \$1.48 3 pck      |
| Lemon                         | ½ fruit              | 12 cents              | \$0.25 each       |
| Soy Sauce                     | ~1.5 tbsp            | 13 cents              | \$1.58 bottle     |
| 6 oz canned salmon            | 6oz can              | \$2.08                | \$2.08/can        |
| Sesame seeds                  | 2 tsp                | 4 cents               | \$3.99/lb         |
| Rice Vinegar                  | 1 tbsp               | 8 cents               | \$1.48 bottle     |

**Total: \$5.54/serving**

Directions:

*Cook rice with rice vinegar. Let rice cool. Once rice is cooled, top with sliced cucumber, salmon, sliced avocado, sesame seeds, lemon and pieces of seaweed. Limit use of soy sauce on food.*

## DINNER

### **Cheese Tortellini w/ Pesto & Grilled veggies**

|                                | <u>Amount needed</u> | <u>Price per meal</u> | <u>Item price</u> |
|--------------------------------|----------------------|-----------------------|-------------------|
| Zucchini                       | 1                    | 48 cents              | \$0.98/lb         |
| Yellow Squash                  | 1                    | 64 cents              | \$1.28/lb         |
| Red Bell pepper                | 1                    | 78 cents              | \$0.78            |
| Red Onion                      | 1/4 cup              | 30 cents              | \$0.68/lb         |
| Mushrooms                      | ~ 4                  | 50 cents              | \$1.98 basket     |
| Spinach                        | ½ cup                | 70 cents              | \$1.99 bag        |
| Cherry tomatoes                | ~10                  | 73 cents              | \$1.48 pint       |
| Garlic                         | 1 tsp                | 80 cents              | \$0.80            |
| Refrigerated Cheese Tortellini | 1/2 bag              | \$1.00                | \$2.99 1 lb bag   |
| Store bought Pesto             | ~1.5 tsp             | 58 cents              | \$3.48 can        |
| Olive Oil                      | ~2 tbsp              | 12 cents              | \$2.46 16 oz      |

#### Directions:

*Cook tortellini according to label. Slice all veggies, place veggies on baking sheet, and then drizzle olive oil on top. Place baking sheet with veggies in oven. Once pasta and veggies are cooked, put in pan together over medium heat. Stir in pesto and minced garlic.*

## SNACKS

### **Lemmon Pepper Tuna w/ Crackers**

|                                         | <u>Amount needed</u> | <u>Price per meal</u> | <u>Item price</u> |
|-----------------------------------------|----------------------|-----------------------|-------------------|
| Starkist lemon pepper tuna              | Full packet          | 98 cents              | \$0.98/packet     |
| Ritz Whole Grain Crackers (Fresh packs) | One small indiv.     | 33 cents              | \$2.58 -8 pack    |

**Total: \$1.31/serving**

## Apple Cinnamon Rice Cakes w/ PB & sliced apple

|                           | <u>Amount needed</u> | <u>Price per meal</u> | <u>Item price</u> |
|---------------------------|----------------------|-----------------------|-------------------|
| Apple Cinnamon Rice Cakes | 2 pieces             | 33 cents              | \$1.99 pack       |
| Peanut butter             | ~2 tbsp              | 15 cents              | \$1.99 jar        |
| Sliced Apple              |                      |                       |                   |

## Kale Chips

|           | <u>Amount needed</u> | <u>Price per meal</u> | <u>Item price</u> |
|-----------|----------------------|-----------------------|-------------------|
| Kale      | 3 leafs              | 53 cents              | \$1.39 bunch      |
| Salt      | ½ tsp.               | 1 cent                | \$0.36/lb         |
| Olive oil | 1 tbsp               | 6 cents               | \$2.46 16oz       |

### Directions:

*Wash kale, pat dry with paper napkin. Tear into bite size pieces. Place kale on baking sheet, drizzle with olive oil and pepper. Bake until edges are golden brown.*

## *Sprouts Farmer's Market*

### **BREAKFAST**

#### **Peanut butter toast and fruit**

|                                                  | <b><u>Amount Needed</u></b> | <b><u>Price per meal</u></b> | <b><u>Item price</u></b> |
|--------------------------------------------------|-----------------------------|------------------------------|--------------------------|
| Whole Grain Toast (Dave's Killer Bread 21-grain) | 1 slice                     | 30 cents                     | \$5.29                   |
| Peanut Butter (Sprouts brand)                    | 2 tbsp.                     | 18 cents                     | \$2.79                   |
| Banana                                           | 1 whole fruit               | 20 cents                     | 59 cents/lb.             |
| Flaxseed (ground/meal (bulk))                    | ~1/2 tsp                    | 10 cents                     | \$1.69/lb.               |
| Orange Juice                                     | 8 ounces                    | 40 cents                     | \$3                      |

**Total: \$1.18**

#### **Directions:**

Toast one slice of whole grain bread. Add peanut butter, sliced banana (or choice of fruit) and sprinkle ground flaxseed on top. Enjoy with a glass of cold orange juice.

Dave's Killer Bread was chosen due to its clean organic ingredient list, it is a good source of fiber (5g/serving), has a low amount of natural sugar and has a moderate amount of protein (5g). Other breads can be substituted keeping these aspects in mind.

### **LUNCH**

#### **Greek-style pita**

|                           | <b><u>Amount Needed</u></b> | <b><u>Price per meal</u></b> | <b><u>Item price</u></b> |
|---------------------------|-----------------------------|------------------------------|--------------------------|
| Whole wheat pita          | 1 pita (cut in half)        | 50 cents                     | \$2.99                   |
| Shredded chicken          | 1/3 cup                     | ~\$2                         | \$7.99/lb.               |
| Avocado                   | 1/2 fruit                   | 75 cents                     | \$1.50                   |
| Spinach/lettuce of choice | 1 cup                       | 99 cents                     | ~\$1.99/bunch            |
| Red onion                 | 1/4 cup                     | 10 cents                     | 50 cents                 |
| Cucumber                  | 1/3 cucumber                | 25 cents                     | 50 cents                 |
| Cherry tomatoes           | 10 tomatoes                 | 75 cents                     | \$1.99                   |
| Dressing                  | 2 tbsp.                     | 25 cents                     | \$2.49                   |

**Total: \$5.85**

#### **Optional to add/substitute:**

|                             |           |          |           |
|-----------------------------|-----------|----------|-----------|
| Swap the dressing for lemon | 1/4 lemon | 25 cents | \$1       |
| + red wine vinegar          | 1-2 tbsp  | 15 cents | \$2.49    |
| Hummus                      | 2 tbsp.   | 30 cents | \$3.99    |
| Chickpeas                   | 1/2 can   | 50 cents | \$1       |
| Feta cheese                 | 2 tbsp.   | 50 cents | \$6.99/lb |

**Total: \$1.70**

Directions:

Chop vegetables and chicken/chickpeas into similar sized pieces. Combine ingredients in a bowl, mix in dressing or lemon/red wine vinegar last. Fill pita with chicken/vegetable mix. If using hummus line the pita pocket before adding the chicken/vegetable mix.

**DINNER**  
**Quinoa taco bowl**

|                                             | <u>Amount needed</u> | <u>Price per meal</u> | <u>Item price</u> |
|---------------------------------------------|----------------------|-----------------------|-------------------|
| Quinoa                                      | 1 cup (dry)          | \$2                   | \$3.99/lb         |
| Black beans                                 | 1/2 – 3/4 can        | 45 – 68 cents         | 90 cents          |
| Shredded chicken (can sub lean ground beef) | 1/3 cup              | ~\$2                  | \$7.99/lb         |
| Onion                                       | 1/4 cup              | 10 cents              | 50 cents          |
| Corn                                        | 1/3 can              | 40 cents              | \$1.19            |
| Green chilies                               | 1/2 can              | 65 cents              | \$1.29            |
| Avocado                                     | 1/2 fruit            | 75 cents              | \$1.50            |
| Pico de Gallo/Salsa of choice               | 2-4 tbsp             | varies (~50 cents)    | Varies (~\$2)     |
| Lime/lemon                                  | 1/2 fruit            | 25 cents              | ~\$1              |

**Total: \$7.10**

Optional to add:

|                  |         |          |               |
|------------------|---------|----------|---------------|
| Shredded Lettuce | 1/2 cup | 50 cents | ~\$1.99/bunch |
|------------------|---------|----------|---------------|

**Total: 50 cents**

Directions:

Cook quinoa according to directions (two cups water/one cup dry quinoa). This will provide you with extra quinoa to store in the fridge to easily add to other meals. Chop pre-cooked shredded chicken, onion, avocado and lettuce (if using) into similar sizes. Add toppings to bed of quinoa and finish with lime/lemon and salsa of choice.

\*this meal can also be served cold. Leftovers can serve as an addition to salad or eaten on chips (aim for 3-5g fiber)

## *Sprouts Farmer's Market*

### **BREAKFAST**

#### **Peanut butter toast and fruit**

|                                                  | <b><u>Amount Needed</u></b> | <b><u>Price per meal</u></b> | <b><u>Item price</u></b> |
|--------------------------------------------------|-----------------------------|------------------------------|--------------------------|
| Whole Grain Toast (Dave's Killer Bread 21-grain) | 1 slice                     | 30 cents                     | \$5.29                   |
| Peanut Butter (Sprouts brand)                    | 2 tbsp.                     | 18 cents                     | \$2.79                   |
| Banana                                           | 1 whole fruit               | 20 cents                     | 59 cents/lb.             |
| Flaxseed (ground/meal (bulk))                    | ~1/2 tsp                    | 10 cents                     | \$1.69/lb.               |
| Orange Juice                                     | 8 ounces                    | 40 cents                     | \$3                      |

**Total: \$1.18**

#### **Directions:**

Toast one slice of whole grain bread. Add peanut butter, sliced banana (or choice of fruit) and sprinkle ground flaxseed on top. Enjoy with a glass of cold orange juice.

Dave's Killer Bread was chosen due to its clean organic ingredient list, it is a good source of fiber (5g/serving), has a low amount of natural sugar and has a moderate amount of protein (5g). Other breads can be substituted keeping these aspects in mind.

### **LUNCH**

#### **Greek-style pita**

|                           | <b><u>Amount Needed</u></b> | <b><u>Price per meal</u></b> | <b><u>Item price</u></b> |
|---------------------------|-----------------------------|------------------------------|--------------------------|
| Whole wheat pita          | 1 pita (cut in half)        | 50 cents                     | \$2.99                   |
| Shredded chicken          | 1/3 cup                     | ~\$2                         | \$7.99/lb.               |
| Avocado                   | 1/2 fruit                   | 75 cents                     | \$1.50                   |
| Spinach/lettuce of choice | 1 cup                       | 99 cents                     | ~\$1.99/bunch            |
| Red onion                 | 1/4 cup                     | 10 cents                     | 50 cents                 |
| Cucumber                  | 1/3 cucumber                | 25 cents                     | 50 cents                 |
| Cherry tomatoes           | 10 tomatoes                 | 75 cents                     | \$1.99                   |
| Dressing                  | 2 tbsp.                     | 25 cents                     | \$2.49                   |

**Total: \$5.85**

#### **Optional to add/substitute:**

|                             |           |          |           |
|-----------------------------|-----------|----------|-----------|
| Swap the dressing for lemon | 1/4 lemon | 25 cents | \$1       |
| + red wine vinegar          | 1-2 tbsp  | 15 cents | \$2.49    |
| Hummus                      | 2 tbsp.   | 30 cents | \$3.99    |
| Chickpeas                   | 1/2 can   | 50 cents | \$1       |
| Feta cheese                 | 2 tbsp.   | 50 cents | \$6.99/lb |

**Total: \$1.70**

#### **Directions:**

Chop vegetables and chicken/chickpeas into similar sized pieces. Combine ingredients in a bowl, mix in dressing or lemon/red wine vinegar last. Fill pita with chicken/vegetable mix. If using hummus line the pita pocket before adding the chicken/vegetable mix.

## DINNER

### Quinoa taco bowl

|                                             | <u>Amount needed</u> | <u>Price per meal</u> | <u>Item price</u> |
|---------------------------------------------|----------------------|-----------------------|-------------------|
| Quinoa                                      | 1 cup (dry)          | \$2                   | \$3.99/lb         |
| Black beans                                 | 1/2 – 3/4 can        | 45 – 68 cents         | 90 cents          |
| Shredded chicken (can sub lean ground beef) | 1/3 cup              | ~\$2                  | \$7.99/lb         |
| Onion                                       | 1/4 cup              | 10 cents              | 50 cents          |
| Corn                                        | 1/3 can              | 40 cents              | \$1.19            |
| Green chilies                               | 1/2 can              | 65 cents              | \$1.29            |
| Avocado                                     | 1/2 fruit            | 75 cents              | \$1.50            |
| Pico de Gallo/Salsa of choice               | 2-4 tbsp             | varies (~50 cents)    | Varies (~\$2)     |
| Lime/lemon                                  | 1/2 fruit            | 25 cents              | ~\$1              |

**Total: \$7.10**

Optional to add:

|                  |         |          |               |
|------------------|---------|----------|---------------|
| Shredded Lettuce | 1/2 cup | 50 cents | ~\$1.99/bunch |
|------------------|---------|----------|---------------|

**Total: 50 cents**

Directions:

Cook quinoa according to directions (two cups water/one cup dry quinoa). This will provide you with extra quinoa to store in the fridge to easily add to other meals. Chop pre-cooked shredded chicken, onion, avocado and lettuce (if using) into similar sizes. Add toppings to bed of quinoa and finish with lime/lemon and salsa of choice.

\*this meal can also be served cold. Leftovers can serve as an addition to salad or eaten on chips (aim for 3-5g fiber)

## SNACKS

### Veggies, pita, hummus

|                       | <u>Amount needed</u>  | <u>Price per meal</u> | <u>Item price</u> |
|-----------------------|-----------------------|-----------------------|-------------------|
| Hummus                | 3 tbsp.               |                       |                   |
| Baby carrots          | 3/4 cup (~10 carrots) |                       |                   |
| Multigrain Pita Chips | 1/2 cup               |                       |                   |

Optional to substitute/add:

|             |         |  |  |
|-------------|---------|--|--|
| Broccoli    | 3/4 cup |  |  |
| Cauliflower | 3/4 cup |  |  |

Multigrain pita bread (sub for chips)

1/2 pita

## Apples and peanut butter

|                                | <u>Amount needed</u> | <u>Price per meal</u> | <u>Item price</u> |
|--------------------------------|----------------------|-----------------------|-------------------|
| Apple of choice                | 1 piece of fruit     |                       |                   |
| Peanut butter                  | 2-3 tbsp             |                       |                   |
| <u>Optional to substitute:</u> |                      |                       |                   |
| Pretzels                       | 1/2 cup              |                       |                   |

## Turkey Roll ups

|                      | <u>Amount needed</u> | <u>Price per meal</u> | <u>Item price</u> |
|----------------------|----------------------|-----------------------|-------------------|
| Turkey slices        | 2 slices             |                       |                   |
| Cheese slices        | 2 slices             |                       |                   |
| Whole wheat crackers | 1/2 cup              |                       |                   |



Trader Joe's

## SNACKS

### Veggies, pita, hummus

|                                  | <u>Amount needed</u> | <u>Price per meal</u> | <u>Item price</u> |
|----------------------------------|----------------------|-----------------------|-------------------|
| Hummus                           | 3 tbsp.              | 15 cents              | \$1.99            |
| Baby carrots                     | ~14 carrots          | 25 cents              | \$1.29            |
| Multigrain Pita Crackers w/ flax | ~8 crackers (1 oz.)  | 42 cents              | \$2.49            |

Optional to substitute/add:

|                                      |          |          |        |
|--------------------------------------|----------|----------|--------|
| Broccoli (mix pack with cauliflower) | 3 oz     | 57 cents | \$2.29 |
| Whole grain pita bread               | 1/2 pita | 15 cents | \$1.69 |

**Total:~1.50**

### Apples and peanut butter

|                 | <u>Amount needed</u> | <u>Price per meal</u> | <u>Item price</u> |
|-----------------|----------------------|-----------------------|-------------------|
| Apple of choice | 1 piece of fruit     | \$1.29                | \$1.29            |
| Peanut butter   | 2-3 tbsp             | 15 cents              | \$2.29            |

Optional to substitute:

|               |                     |          |        |
|---------------|---------------------|----------|--------|
| Pretzel slims | ~23 pretzels (1 oz) | 30 cents | \$2.29 |
|---------------|---------------------|----------|--------|

**Total: ~\$1.60**

### Turkey Roll ups

|                                  | <u>Amount needed</u> | <u>Price per meal</u> | <u>Item price</u> |
|----------------------------------|----------------------|-----------------------|-------------------|
| Turkey slices                    | 2 ounces             | \$1.15                | \$4.00            |
| Cheese slices                    | 2 slices             | 67 cents              | \$3.99            |
| Multigrain Pita Crackers w/ flax | ~8 crackers (1 oz.)  | 42 cents              | \$2.49            |

**Total: \$2.24**