



# HEALTHY & AFFORDABLE



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**One-Week Meal Plan:** Here's what you'll need for all 21 meals in the One-Week Meal Plan.

FOOD ITEM ▶ Organic ■ Natural	AMOUNT USED FOR THE WEEK	COST OF AMOUNT USED	PER PERSON COST
▶ Agave, TBS 9@.17	9.0	\$1.53	\$1.10
Apple cider vinegar,TBS	1.0	\$0.18	\$0.15
▶ Apple, diced, cup	3.0	\$2.25	\$0.56
Avocado	1.0	\$1.00	\$1.00
Bagel, whole grain	1.5	\$0.66	\$0.66
Banana	6.5	\$0.18	\$0.77
Bay leaf	5.0	\$0.05	\$0.01
Boneless pork roast, lb	1.0	\$3.29	\$0.81
Broccoli florets, oz	14.0	\$0.87	\$0.45
▶ Brown basmati rice, cup, uncooked	2.75	\$2.28	\$0.47
Brown sugar, TBS	2.0	\$0.09	\$0.02
Butter, TBS	10.0	\$0.70	\$0.67
Buttermilk, cup	1.0	\$0.19	\$0.06
▶ California-style frozen veggies, oz	10.0	\$2.24	\$1.55
Cantaloupe, 1/8	3.0	\$1.04	\$0.39
Capers (optional), TBS	1.0	\$0.30	\$0.07
Cardamom pods,each	5.0	\$0.15	\$0.00
Carrots	22.0	\$1.10	\$0.50
Cauliflower crowns, oz	4.0	\$0.25	\$0.25
▶ Celery stalks	3.0	\$0.32	\$0.12
Cereal, toasted oats or puffed rice, cup	1.0	\$0.39	\$0.16
Cheddar cheese, shredded	16.0	\$2.56	\$0.64
Chicken, boneless, skinless breast halves	2.0	\$1.99	\$0.50
■ Chicken, boneless, skinless breasts	27.0	\$6.00	\$1.00
Chocolate chips, semi-sweet, cup	0.3	\$0.28	\$0.06



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Chopped cilantro, including stems, cup	0.5	\$0.16	\$0.02
Chopped fresh parsley, cup	1.5	\$1.00	\$0.16
Cinnamon stick	1.0	\$0.20	\$0.02
Cinnamon, or more, to taste, tsp	0.3	\$0.09	\$0.00
Corn tortillas	26.0	\$1.22	\$0.24
Crushed cardamom, tsp	1.0	\$0.07	\$0.02
Crushed red pepper flakes, tsp	0.5	\$0.05	\$0.00
Cumin seeds, TBS	1.0	\$0.10	\$0.01
Dark rum (optional), TBS	1.0	\$0.50	
Dijon mustard, cup	0.3	\$0.68	\$0.11
Dried black beans, oz	12.0	\$1.87	\$0.23
Dried black-eyed peas, lb	1.0	\$1.60	\$0.20
Dried oregano,tsp	2.0	\$0.09	\$0.01
Dried rosemary,tsp	1.0	\$0.03	\$0.00
Egg @.11	15.0	\$1.65	\$0.88
Egg whites (see eggs)	2.0		
Extra virgin olive oil	31.0	\$3.41	\$0.84
Fennel seeds, tsp	0.5	\$0.05	\$0.00
Flour, TBS	2.0	\$0.05	\$0.00
Freshly grated nutmeg (optional), tsp	0.1	\$0.05	\$0.01
▶ Frozen, chopped spinach, oz	5.0	\$0.85	\$0.21
Garlic, clove	26.0	\$1.64	\$0.35
Green beans, oz	4.0	\$0.25	\$0.25
▶ Green bell pepper (optional)	0.5	\$0.35	\$0.06
Green serrano chiles	2 to 4	\$0.10	\$0.02
Ground black pepper, tsp	1.0	\$0.05	\$0.01



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Ground red chile, tsp	0.5	\$0.04	\$0.01
Hamburger bun	1.0	\$0.13	\$0.13
Juice of 1 lime	1.0	\$0.50	\$0.12
▶ Kale, organic, bunch	2.0	\$3.00	\$0.40
Lean ground turkey,oz	12.0	\$3.89	\$0.97
Lemon juice, TBS	1.3	\$0.09	\$0.02
Low-sodium chicken broth, vegetable broth, cup	0.3	\$0.04	\$0.01
Low-sodium soy sauce,TBS	4.3	\$0.32	\$0.08
Medium carrots, oz	22.0	\$1.10	\$0.50
Milk, cup (8 oz.\$.12)	15.8	\$1.89	\$1.68
Millet, cup, cooked	0.5	\$0.28	\$0.07
Oil & vinegar, each, oz (see olive oil,vinegar)	1.0		
Onion, small	1.5	\$0.30	\$0.06
Onion, large	1.0	\$1.17	\$0.15
Orange juice, oz	48.0	\$2.28	\$2.28
Organic black beans, rinsed and drained, oz (1 can)	15.0	\$0.89	\$0.15
Organic corn (fresh/frozen and thawed), cup	0.5	\$0.33	\$0.05
Peach (5 oz, \$0.28 ea)	5.0	\$1.40	\$1.40
Peanut butter, natural, cup	0.5	\$0.87	\$0.35
▶ Pear	2.0	\$0.62	\$0.62
Pepper, tsp	0.3	\$0.03	\$0.01
▶ Plain yogurt, organic, oz	16.0	\$1.50	\$0.84
Raisins, cup	0.75	\$0.84	\$0.11
Red bell pepper (optional)	2.5	\$2.50	\$1.00
Red leaf lettuce, cup	2.0	\$0.33	\$0.33



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Rolled oats, cup	2.25	\$1.35	\$0.30
Rosemary, 1 fresh sprig, or ½ teaspoon dried	1.0	\$0.15	\$0.02
Salt, tsp	0.3	\$0.02	\$0.01
Smoked paprika, tsp	1.0	\$0.13	\$0.02
Spaghetti, lb	1.0	\$0.88	\$0.22
Spinach, bunch	1.0	\$1.29	\$0.32
Sriracha sauce, tsp	4.0	\$0.15	\$0.04
Steamed corn on the cob	1.0	\$0.33	\$0.33
Sunflower seeds, TBS	5.0	\$0.20	\$0.08
Thyme, 1 fresh sprig, or ½ teaspoon dried	1.0	\$0.15	\$0.03
Tomato puree, cup	1.5	\$0.79	\$0.10
Tomato, lb	2.5	\$2.45	\$0.52
Tomatoes, can, whole, in juice, oz	28.0	\$2.49	\$0.31
Tomatoes, crushed, cup	2.0	\$0.83	\$0.21
Tuna, (6 ounces), drained, oz	6.0	\$0.83	\$0.21
Tuna, oz.	5.0	\$0.69	\$0.42
Turkey bacon, slice	4.0	\$0.56	\$0.56
Vans Gluten-free Buckwheat w/Berries Waffles, ea	6.0	\$2.00	\$0.67
Vegetable broth, or vegetable bouillon cubes, cups	10.0	\$1.55	\$0.20
White or red onion, med	1.0	\$0.18	\$0.02
Whole cloves	10.0	\$0.05	\$0.01
Whole wheat bread, slice	14.0	\$1.54	\$0.88
Whole-grain pancake mix, cup	1.5	\$1.10	\$0.37
Yellow squash, steamed, oz	2.0	\$0.13	\$0.13
Zucchini, each	3.0	\$2.25	\$0.40