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One-Week Meal Plan

We've created a week's worth of affordable meals that use wholesome, easy-to-find ingredients—including organic choices for the Environmental Working Group's "[Dirty Dozen](#)" list. Use these ideas to mix and match meals all month long; you'll save money and meet your nutrient needs deliciously.

Find the [shopping list](#) and [nutrient guide](#) following the meal plan.

DAY 1 - DAY 7
average

\$4.88
/person*



*based on 2014 prices

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ONE-WEEK MEAL PLAN



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DAY 1

Breakfast

\$0.76
/person*

- 2 scrambled eggs
- 1/8 cantaloupe
- 2 pieces buttered whole-wheat toast
- 8 oz. milk



Lunch

\$1.46
/person*

- Brown Rice Pulao:
<http://deliciousliving.com/recipes/brown-rice-pulao-0>
- 8 oz. orange juice
- 1 organic apple



Dinner

\$2.00
/person*

- Turkey-Spinach Burger:
<http://deliciousliving.com/recipes/turkey-spinach-burgers>
- 1 hamburger bun
- 4 oz. fresh steamed broccoli & cauliflower
- 8 oz. milk
- 3 Peanut Butter Clusters:
<http://deliciousliving.com/recipes/recipe-peanut-butter-clusters>





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DAY 2

Breakfast

\$1.44

/person*

- Apple-Raisin Oatmeal:

<http://deliciousliving.com/recipes/apple-raisin-oatmeal>

- 12 oz. milk
- 2 pieces turkey bacon
- 1 TBS agave



Lunch

\$2.04

/person*

- Tuna Melt with Tomato & Avocado:

- 2 pieces whole-wheat bread
- 3 oz. canned tuna
- 1/2 avocado
- 2 oz. plain yogurt or mayo
- 4 oz. tomato slices
- 1 oz. cheddar cheese, shredded

- 1 pear



Dinner

\$1.47

/person*

- Spinach-Cheese Souffle:

<http://deliciousliving.com/recipes/spinach-cheese-souffle>

- 4 oz. steamed broccoli & cauliflower
- 8 oz. milk
- 3 Peanut Butter Clusters:

<http://deliciousliving.com/recipes/recipe-peanut-butter-clusters>





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DAY 3

Breakfast

\$1.24

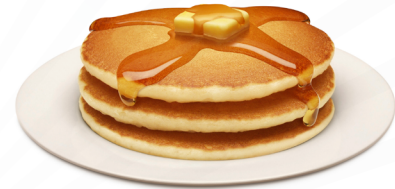
/person*

- 3 Buttermilk-Banana Whole-Grain Pancakes:

[http://deliciousliving.com/recipes/buttermilk-](http://deliciousliving.com/recipes/buttermilk-banana-whole-grain-pancakes-blueberry-sauce-0)

[banana-whole-grain-pancakes-blueberry-sauce-0](http://deliciousliving.com/recipes/buttermilk-banana-whole-grain-pancakes-blueberry-sauce-0)

- 1 TBS butter
- 2 TBS agave
- 1 cooked egg
- 1/8 cantaloupe
- 8 oz. milk



Lunch

\$2.36

/person*

- Chicken & Vegetable Salad:

- 3 oz. cooked skinless, boneless chicken breast
- 2 cups red leaf lettuce
- 2 oz. fresh carrots
- 4 oz. fresh tomato
- 1/4 avocado
- 1 TBS sunflower seeds
- 2 oz. oil/vinegar dressing

- 1 organic apple
- 8 oz. milk



Dinner

\$1.98

/person*

- Grilled Chicken Tacos:

<http://deliciousliving.com/recipes/grilled-chicken-tacos>

- 1/4 avocado
- 2 tablespoons yogurt sour cream

<http://deliciousliving.com/recipes/money-saving-tip-make-yogurt-sour-cream>

- 4 oz. organic California-style frozen veggies



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DAY 3

\$5.58
/person*



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DAY 4

Breakfast

\$1.36
/person*

- 2 scrambled eggs
- 1/8 bunch sliced kale, sauteed
- 1 clove garlic, minced
- 1 TBS olive oil
- 1/2 bagel
- 1/2 TBS butter
- 1 organic apple
- 8 oz. milk



Lunch

\$1.56
/person*

- Bacon, Kale, & Tomato Sandwich:
 - 2 pieces whole-wheat bread, toasted
 - Kale and tomato slices
 - 2 slices turkey bacon
 - 4 oz. fresh carrots
 - 8 oz. orange juice



Dinner

\$1.80
/person*

- Black Bean and Brown Rice Soup:
<http://deliciousliving.com/recipes/black-bean-and-brown-rice-soup>
- 1 steamed corn on the cob
- 1 TBS butter
- Fresh steamed broccoli
- 8 oz. milk
- Hot Spiced Banana:
<http://deliciousliving.com/recipes/hot-spiced-bananas>



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DAY 4

\$4.72
/person*



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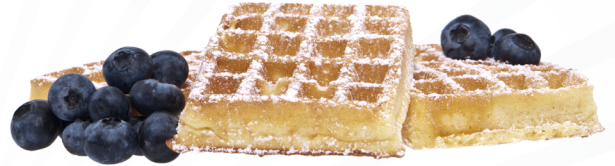
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DAY 5

Breakfast

\$1.51
/person*

- 2 gluten-free Buckwheat with Berries Waffles (frozen)
- 1 TBS butter
- 2 TBS agave
- 1/8 cantaloupe
- 1 banana
- 8 oz. milk



Lunch

\$1.38
/person*

- 3 Crispy Baked Taquitos:
<http://deliciousliving.com/recipes/crispy-baked-taquitos>
- 3 oz. yogurt sour cream
<http://deliciousliving.com/recipes/money-saving-tip-make-yogurt-sour-cream>
- 1 pear

Dinner

\$1.98
/person*

- Cherry Tomato Marinara with Zucchini Noodles:
<http://deliciousliving.com/recipes/cherry-tomato-marinara-zucchini-noodles>
- 4 oz. California-style frozen veggies (cauliflower, broccoli, carrots)
- Hot Spiced Banana:
<http://deliciousliving.com/recipes/hot-spiced-bananas>



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DAY 5

\$4.87
/person*



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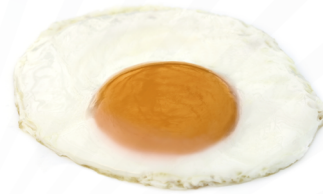
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DAY 6

Breakfast

\$1.13
/person*

- 1 whole-grain bagel
- 1 poached egg
- 1 TBS butter
- 1 organic apple
- 8 oz. milk



Lunch

\$1.36
/person*

- Smoky Black-Eyed Peas and Kale Soup:
<http://deliciousliving.com/recipes/smoky-black-eyed-peas-and-kale-soup>
- 1 banana

Dinner

\$1.95
/person*



- Pulled Pork Sandwich with Pickled Carrots:
<http://deliciousliving.com/recipes/pulled-pork-sandwich-pickled-carrots>
- 4 oz. fresh green beans
- 8 oz. milk
- 3 Peanut Butter Clusters:
<http://deliciousliving.com/recipes/recipe-peanut-butter-clusters>

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DAY 6

\$4.44
/person*



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DAY 7

Breakfast

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/person*

- Banana-Apple Oatmeal:
 - ¼ cup rolled oats
 - 1 TBS sunflower seeds
 - Cinnamon, to taste
 - 1 TBS agave
 - 1 banana
 - 1 organic apple
- 12 oz. milk



Lunch

\$2.09
/person*

- Spaghetti with Tuna Sauce:
<http://deliciousliving.com/recipes/spaghetti-tuna-sauce>
- 1 TBS butter
- 2 oz. steamed zucchini
- 2 oz. steamed yellow squash
- 1 oz. cheddar cheese, shredded
- 8 oz. orange juice

Dinner

\$2.06
/person*



- Mustard-Agave Chicken Breasts:
<http://deliciousliving.com/recipes/mustard-agave-chicken-breasts-0>
- Brown rice
- 2 oz. organic California-style frozen veggies
- 8 oz. milk
- 3 Peanut Butter Clusters:
<http://deliciousliving.com/recipes/recipe-peanut-butter-clusters>

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DAY 7

\$5.42
/person*



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Shopping list: 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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FOOD ITEM ▶ Organic ■ Natural	AMOUNT USED FOR THE WEEK	COST OF AMOUNT USED	PER PERSON COST
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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FOOD ITEM ▶ Organic ■ Natural	AMOUNT USED FOR THE WEEK	COST OF AMOUNT USED	PER PERSON COST
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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FOOD ITEM ▶ Organic ■ Natural	AMOUNT USED FOR THE WEEK	COST OF AMOUNT USED	PER PERSON COST
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



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Nutrient Content of One-Week Meal Plan

It's not enough to eat cheap; it's important to eat healthy. This chart shows the nutrients you'll get from the entire [One-Week Meal Plan](#).

NUTRIENT	DAILY AVERAGE	RECOMMENDED INTAKE	% INTAKE
Calories	1,865 kcal	1,995 kcal	93
Protein	82 g	54 g	151
Carbohydrates	234 g	274 g	85
Fat	72 g	62 g	116
Mono fat	26.5 g	22 g	119
Poly fat	7.6 g	20 g	38
Saturated fat	28 g	20 g	143
Dietary fiber	30 g	28 g	109
Cholesterol	357 mg	300 mg	119
Vitamin A	1,195 mcg	700 mcg	171
Vitamin B1 (thiamin)	5.8 mg	1.1 mg	532
Vitamin B2 (riboflavin)	1.8 mg	1.1 mg	164
Vitamin B3 (niacin)	15 mg	14 mg	107
Vitamin B6	1.7 mg	1.5 mg	111
Vitamin B12	4 mcg	2.4 mcg	172
Vitamin C	195 mg	75 mg	260
Vitamin D	76 mcg	15 mcg	504
Vitamin E	14 mg	15 mg	94
Folate	376 mcg	400 mcg	94
Calcium	1,233 mg	1,200 mg	103
Iron	10.5 mg	8 mg	131
Magnesium	376 mg	320 mg	118
Phosphorus	1,210 mg	700 mg	173
Potassium	4,479 mg	4,700 mg	96
Sodium	2,116 mg	1,300 mg	163
Zinc	7.8 mg	8 mg	98