## Thrifty Meal Plan

Think you can't make healthy and delicious meals on a budget? Think again! The sample daily meal plan below is balanced in calories and carbohydrates and does not require any special cooking equipment-for a grocery budget of just $\$ 5.63$ per day!

| Meal | Food Item | Cost | Calories |
| :---: | :---: | :---: | :---: |
| Breafast | 1 cup cooked oatmeal <br> 2 Tablespoons peanut butter <br> $1 / 2$ banana <br> 1 cup skim milk | $\begin{aligned} & \hline \$ 0.11 \\ & \$ 0.16 \\ & \$ 0.13 \\ & \$ 0.19 \end{aligned}$ | $\begin{aligned} & \hline 150 \\ & 200 \\ & 60 \\ & 90 \\ & \hline \end{aligned}$ |
| Snack | 1-ounce whole grain crackers (at least 2 grams of fiber per serving) 1 stick part-skim string cheese | $\begin{aligned} & \$ 0.37 \\ & \$ 0.25 \end{aligned}$ | $\begin{aligned} & 80-120 \\ & 80 \end{aligned}$ |
| Lunch | ```1 cup chicken noodle soup, made with: 1 cup low-sodium chicken broth 1-ounce canned chicken chunks (98% fat-free) 1 cup no-salt added canned vegetables (any variety) 1/2 cup whole wheat rotini noodles 1/2 banana 2 small cookies (2 inches across)``` | $\begin{aligned} & \$ 0.57 \\ & \$ 0.30 \\ & \$ 0.46 \\ & \\ & \$ 0.09 \\ & \$ 0.13 \\ & \$ 0.18 \end{aligned}$ | $\begin{aligned} & 10 \\ & 23 \\ & \\ & 50-80 \\ & 105 \\ & 60 \\ & 80-110 \end{aligned}$ |
| Snack | 6-ounce plain fat-free Greek yogurt 1 teaspoon low-sugar jelly | $\begin{aligned} & \$ 0.70 \\ & \$ 0.04 \end{aligned}$ | $\begin{aligned} & \hline 87 \\ & 3 \\ & \hline \end{aligned}$ |
| Dinner | ```2 fish tacos, made with: \(2^{1 / 2}\) ounces canned salmon 1 teaspoon lime juice \(1 / 4\) bunch cilantro 2 Tablespoons plain fat-free Greek yogurt 2 corn tortillas Coleslaw made with: \(1 / 5\) head of cabbage (about \(11 / 2\) cups) 1 Tablespoon lime juice 2 Tablespoons canola oil 1 cup skim milk``` | $\begin{aligned} & \$ 0.81 \\ & \$ 0.02 \\ & \$ 0.25 \\ & \$ 0.06 \\ & \$ 0.07 \\ & \\ & \$ 0.40 \\ & \$ 0.06 \\ & \$ 0.09 \\ & \$ 0.19 \end{aligned}$ | $\begin{aligned} & 107 \\ & 1 \\ & 5 \\ & 8 \\ & 100 \\ & \\ & 33 \\ & 3 \\ & 300 \\ & 90 \end{aligned}$ |
| Total |  | \$5.63 | 1726-1826 |

