

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