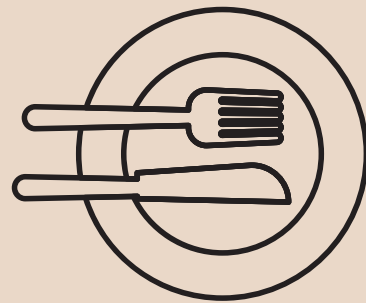


something
nutritious



BUDGET FRIENDLY

Weekly Meal Plan

for two!



ON THE MENU

Breakfast

Veggie egg muffins

Oatmeal bowls

Avocado toast



Lunch & Dinner

Tuna patties

Black bean tacos/quesadillas

Peanut tofu/chicken stir fry with
brown rice

Salmon with Feta salad

Mediterranean pasta salad

Black bean burgers with carrot fries

Snacks

Peanut butter energy bites

Fresh fruit

Veggies + hummus

Cheese + crackers

BREAKFAST**LUNCH****DINNER***Sunday***egg
muffins****tuna
patties****pasta
salad with
salmon***Monday***oatmeal
bowl****pasta
salad****peanut tofu
stir fry***Tuesday***egg
muffins****black bean
burgers with
carrot fries****pasta
salad with
salmon***Wednesday***avocado
toast****tuna
patties****black bean
tacos***Thursday***oatmeal
bowl****black bean
tacos****peanut tofu
stir fry***Friday***egg
muffins****pasta
salad****black bean
burgers with
carrot fries***Saturday***avocado
toast****black bean
veggie quesadillas*****takeout!***

GROceries

about \$50 per person

produce

- 1 pack grape/cherry tomatoes
- 6-8 Persian cucumbers
- 1 lb carrots
- romaine lettuce, 2-3 heads
- 1 small head of purple cabbage
- 2 lemons
- 3-4 apples
- 2-3 peaches
- 1 banana bunch
- 1 lb strawberries
- 4 oranges
- 1.5 lb broccoli
- 2 small jalapeno
- 1 white onion
- 2 avocados

dried goods

- 1 box of whole grain crackers
- 1 loaf of whole grain bread
- 1 packet of whole wheat tortillas
- 18 oz container rolled oats
- 16 oz natural peanut butter
- brown rice
- whole grain or brown rice pasta
- semi-sweet chocolate chips
- canned salsa

proteins

- 1 lb salmon
- 1 lb chicken breast
- 1 pack of tofu
- 18 eggs
- 1 15 oz can of chickpeas
- 2 15 oz cans of black beans
- 2 5 oz cans of tuna in water
- 1 container hummus

dairy

- 6 oz crumbled feta
- 1 pack of string cheese
- shredded mozzarella
- 1 carton of milk of choice
- 2-3 individual containers of Greek yogurt

frozen

- peppers and onion blend

pantry necessities (not part of weekly budget)

- coconut aminos
- olive oil
- hot sauce
- mayo
- pure maple syrup
- spices



RECIPES



Vegetable Egg Muffins

Ingredients, makes 12

- 8 eggs
- 1 cup broccoli florets
- 1 cup frozen red bell peppers + onions
- 1/2 cup shredded cheese, I used mozzarella
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp crushed black pepper

Instructions

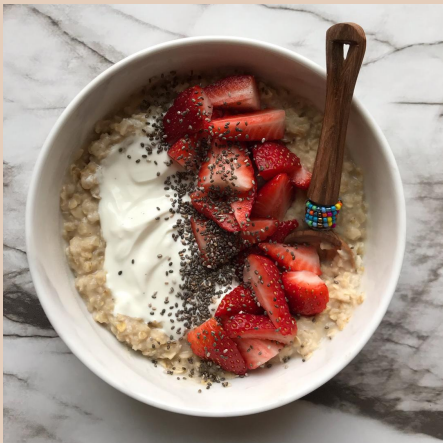
1. Preheat oven to 350 F.
2. Whisk the eggs in a large bowl.
3. Stir in the broccoli, peppers onions and cheese. Add in the spices and mix well.
4. Fill 12 muffin cups with the filling, I like to line mine with baking cups, and bake for about 35-40 minutes until they're firm on top. If you're not using liners, be sure to spray your muffin tin generously with cooking spray.
5. Remove from oven and let them cool before storing. Keep stored in the fridge for up to a week.



Oatmeal Bowls

Ingredients, serves 2

- 3/4 cup rolled oats
- 1 1/2 cups milk or water
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- toppings: fresh fruit, nuts, chia seeds, yogurt



Instructions

1. Add the oats, milk, vanilla and cinnamon into a small pot and bring to a boil.
2. Reduce the heat and let simmer until it thickens, for about 5 minutes.
3. Divide into two bowls and top with desired toppings

Tuna Patties with Spicy Slaw

Ingredients, makes 4

- 10 oz canned tuna in water (2 cans)
- 1/2 cup whole wheat breadcrumbs or oat flour*
- 2 eggs
- 2 tbsp fresh lemon juice
- 2 tsp sriracha
- 1/2 tbsp lemon zest
- 1/2 tsp garlic powder
- Pinch of salt & pepper
- Cooking spray, for grilling

Spicy cabbage slaw

- 2 cups shredded cabbage
- 1 small jalapeno, thinly sliced
- 2 tbsp mayo
- 1 tbsp sriracha
- Juice from 1/2 a lemon
- Salt & Pepper to taste

*for the oat flour, you can blend your whole oats into a flour

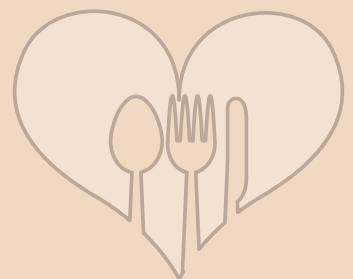


Instructions

1. Drain your tuna and toss into a medium bowl.
2. Mash with a fork to break up the chunks. Toss in the eggs, breadcrumbs, lemon juice, zest, spices and sriracha and mix together.
3. Heat a pan on medium heat. Grease with cooking spray.
4. Form 4 palm sized patties and cook for 2-3 minutes, then flip for additional 1-2 minutes.
5. Mix slaw dressing together in a large bowl.
6. Toss in the shredded cabbage and jalapeno and mix well. Serve fresh with the tuna
7. You can store the leftovers in the fridge for up to 1 week, or freeze them cooked for up to a month.

What to serve them with

cucumber yogurt dip
or with 1-2 slices of whole grain bread



Mediterranean Pasta Salad

Ingredients, serves 6-8

- 12 oz of pasta, I used whole wheat
- 1 1/2 cups sliced cherry tomatoes
- 1 cup diced cucumbers
- 1 15.5 oz can of chickpeas, drained and rinsed
- 1/2 cup crumbled feta cheese
- 1/4 cup olive oil
- Juice from 1 lemon
- 1 tsp garlic powder
- Salt & pepper to taste
- Optional add ins: kalamata olives, red onion, balsamic vinegar, pesto

instructions

1. Cook pasta as instructed on package.
2. Pour into a bowl with all toppings and seasoning and mix well
3. Keep stored in fridge for up to a week.



Seared Salmon with Feta Salad

Ingredients, serves 2-3

Salad:

- | | |
|--------------------------------|-----------------------------------|
| • 1 lb salmon | • 1 head of romaine lettuce |
| • 1 tbsp olive oil | • 1/2 cup chopped cherry tomatoes |
| • 1/2 tsp garlic powder | • 2 chopped cucumbers |
| • 1/2 tsp crushed black pepper | • 1/3 cup feta cheese |
| • 1/4 tsp salt | • 2 tbsp olive oil |
| | • Juice from 1/2 a lemon |
| | • Salt & pepper |

Instructions

1. Season the salmon with salt, pepper & garlic powder.
2. Heat a pan on medium heat and add in the olive oil. Cook the salmon for about 3-4 minutes skin side up, then flip for additional 2-3 minutes. Timing may depend on thickness.
3. In a large bowl, toss together salad ingredients and serve fresh with the fish.



Black Bean Burgers with Carrot Fries

Ingredients, serves 4

Bean Burgers

- 1 can of black beans, 15.5 oz
- 1/2 cup oat flour (blended whole oats)
- 1/2 small onion, chopped
- 1 jalapeno pepper, chopped
- 2 tbsp store-bought BBQ sauce
- 1 tbsp sriracha (optional)
- 1/2 tsp paprika
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1 tbsp olive oil

Carrot Fries

- 1 lb carrots, peeled and sliced
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp crushed black pepper
- 1/4 tsp paprika
- 1/4 tsp salt



Instructions

1. Rinse and drain the black beans. Set aside.
2. Heat a medium sized skillet with the olive oil and saute the onion until browned, for about 5 minutes.
3. Pour the black beans in a bowl and mash with a fork or masher. I like to leave some pieces whole.
4. Add in the chopped jalapeno, onions, BBQ sauce, sriracha, spices, and oat flour and mix well. Set mixture in fridge for 10-15 minutes.
5. Remove from fridge and form into 4 palm sized patties. Heat a pan on medium heat, spray with cooking spray and cook each burger for 2-3 minutes per side.
6. Toss the carrots with the spices and olive oil.
7. Bake on 375 for 35-40 minutes, flipping halfway through.

Black Bean Tacos



Ingredients, serves 2-3

- 1 15.5 oz can of black beans, drained and rinsed
- 1/2 small onion, sliced
- 1 tbsp olive oil
- 1 tbsp fajita/taco seasoning

Toppings:

- Greek yogurt
- Shredded cabbage
- Avocado
- Salsa
- Hot sauce

Instructions

1. Rinse and drain the black beans. Set aside.
2. Heat a skillet with 1 tbsp olive oil. Cook the onions until translucent, for about 10 minutes, and set aside.
3. To the same pan, add the black beans, fajita seasoning and 1 tbsp of olive oil. Cook on medium heat for 10 minutes, stirring occasionally. You can mash slightly with a fork, or leave the beans whole.
4. Layer onto taco with shredded cabbage, salsa, sliced avocado and greek yogurt.

Turn them into *Black Bean Quesadillas*

1. Layer half of the tortilla with cheese, mashed beans & veggies and fold it over.
2. Cook in the same pan you cooked your veggies in for 1-2 minutes per side.
3. Serve fresh with desired dips

Peanut Tofu Stir Fry

Ingredients, serves 4

- 1 14 oz block extra firm tofu, or 1 lb chicken for non-vegetarian
- 1/4 tsp salt
- Cooking spray or oil

Peanut sauce

- 1 tbsp natural peanut butter
- 1/4 cup coconut aminos or soy sauce
- 1/4 cup water
- 1 tbsp pure maple syrup or honey
- 1 clove of garlic, mashed or 1 tsp garlic powder
- 1 tsp sriracha
- 1/4 tsp salt
- 1/2 tsp red pepper flakes
- 1 tsp tapioca or arrowroot flour (sub regular flour)

Veggie stir fry

- 2 cups shredded cabbage
- 1 cup frozen peppers + onions
- 2 cups broccoli florets
- 1 tbsp olive oil
- 1/4 cup coconut aminos
- 1 tsp garlic powder
- salt & pepper to taste

Serve with: brown or white rice



Instructions

1. Preheat oven to 375 F.
2. Pat the tofu dry and cut into cubes.
3. Place on a parchment lined baking sheet and spray each piece with cooking spray. Toss them around to coat evenly and top with salt.
4. Bake for 40-45 minutes.
5. While that bakes, heat a pan with olive oil and toss in the veggies.
6. Add in the coconut aminos and spices and cook on medium heat for 7-10 minutes. Set aside.
7. Whisk together sauce ingredients in a small bowl.
8. Pour into a medium saucepan over medium heat.
9. Reduce heat to simmer and stir in your tofu. Mix together on a low flame for 2-3 minutes until fully coated. Serve with stir fried veggies and rice.

Peanut Butter Energy Bites



Ingredients, makes 18-20 bites

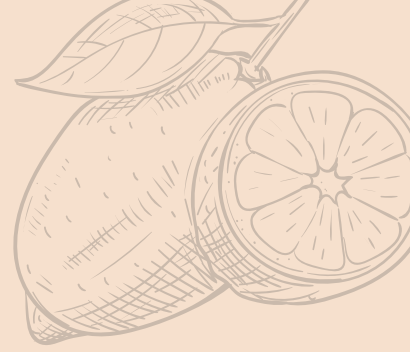
- 1 1/2 cups rolled oats
- 1/2 cup natural peanut butter
- 1/4 cup pure maple syrup
- 1/4 cup crushed peanuts
- 1/3 cup dark chocolate candies or chocolate chips
- 1/4 tsp salt
- 3-4 tbsp water



Instructions

1. In a large bowl or food processor, mix in all ingredients except for the water.
2. Add the water in by the tablespoon to create a sticky dough.
3. Scoop out one tablespoon worth of dough and roll into balls. Repeat with remaining batter. I like to wet my hands to prevent sticking.
4. Layer the balls on a parchment lined plate and freeze for 30 minutes until firm.
5. Keep stored in a ziplock in the freezer for up to 2 months

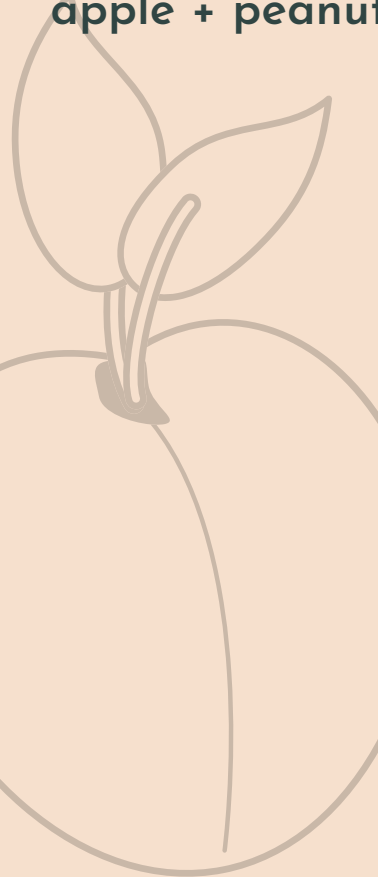
Snack ideas



apple + peanut butter



hummus + crackers +
cucumbers + cheese stick



peach + yogurt +
peanut butter energy bites



orange + cheese stick