

BUDGET-FRIENDLY WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	PROTEIN
MON	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Turkey Wrap <i>OR</i> Tuna Salad Wrap	Crockpot Chicken Fajitas	97 Grams
TUES	Overnight Oats <i>OR</i> Yogurt Parfait	Leftover Crockpot Chicken Fajitas	One-Pot Chicken & Rice	106 Grams
WED	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Leftover One-Pot Chicken & Rice	Sheet Pan Chicken with Roasted Veggies	123 Grams
THURS	Overnight Oats <i>OR</i> Yogurt Parfait	No Lettuce Salad	Egg Roll in a Bowl <i>OR</i> Ground Beef Stir-Fry	74 Grams
FRI	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Leftover Egg Roll in a Bowl <i>OR</i> Ground Beef Stir-Fry	Ground Beef Tacos	100 Grams
SAT	Overnight Oats <i>OR</i> Yogurt Parfait	Hummus Turkey Wrap	Breakfast for Dinner Bowls	77 Grams
SUN	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Leftovers	Leftovers	97 Grams

GROCERY LIST - MEAT & PRODUCE

MEAT & DAIRY

- 2 Cups 2% Cottage Cheese
- 32 oz Greek Yogurt
- Milk
- 20 Eggs
- 1 lb Lean Ground Beef
- 1 lb Lean Ground Turkey
- 4 lbs Boneless Chicken Thighs
- 1 Can White Meat Tuna (5 oz)
- 3/4 Cup Shredded Chicken
- 9 oz Deli Turkey
- 10 Turkey Sausage Links
- Shredded Parmesan Cheese

PRODUCE

- 1 Bag Fresh Baby Spinach
- 1 Bag Fresh Kale
- 1 Bag Romaine Lettuce
- 12 oz Whole Carrots
- 12 oz Green Beans
- 12 oz Baby Red Potatoes
- 1 Medium Sweet Potato
- 3 Bell Peppers
- 1/2 Red Cabbage
- 10 oz Cherry Tomatoes
- 5-6 Mini Cucumbers
- 2 AvocadoS
- 1 Small White Onion
- 2-3 Red Onions
- 8 Green Onions
- Fresh Chives
- 8-12 Cloves Garlic
- Fresh Rosemary
- Fresh Thyme
- Fresh Ginger
- 2 Limes
- Frozen Berries (1 bag)

GROCERY LIST - PANTRY & GRAINS

CANNED & DRY GOODS

- 1 Can Black Beans (15 oz)
- 1 Can Corn (15 oz)
- 1 Can Garbanzo Beans (15 oz)
- 1 Can White Meat Tuna (5 oz)
- 1 Jar Pico de Gallo or Salsa (12 oz)
- 32 oz Chicken Broth
- 14.5 oz Beef Broth
- Chia seeds
- Protein Powder

GRAINS & BREAD

- 6 English muffins
- Sprouted Grain Wraps
- 2 Burrito-Style Wraps
- Rolled Oats
- 9 oz Microwavable Brown Rice
- 1½ Cups Long Grain White Rice

PANTRY STAPLES

- Olive oil or Avocado oil
- Toasted Sesame Oil
- Salt
- Black Pepper
- Garlic Powder
- Onion Powder
- Dried Dill
- Everything Bagel Seasoning
- Taco Seasoning
- Chili Garlic Sauce
- Tomato Paste
- Dijon Mustard
- Mayonnaise
- Balsamic Vinegar
- Rice Vinegar
- Coconut Aminos
- Honey or Maple Syrup
- Vanilla Extract