

A Healthy Guide to Eating Affordably



Here are some very simple menu options to eat a healthy balanced meal of protein, vegetables, and carbohydrates each day. Beverages not included.

Breakfast

			Toast/Banana		
1	2 Eggs, Toast, Jam	\$0.40	\$0.20	\$0.60 x 4 days	\$2.40
2	Greek Yogurt, Banana	\$0.70	\$0.20	\$0.90 x 3 days	\$2.70
					\$5.10

Lunch: Simple Sandwich Program. Ideally pick 2, and repeat during the week.

	Protein		Bread	Condiments	
1	Ham	\$0.80	\$0.20	\$0.10	\$1.10
2	PB&J	\$0.40	\$0.20	\$0.10	\$0.70
3	Hot Dog	\$0.70	\$0.20	\$0.10	\$1.00
4	Bologna	\$0.60	\$0.20	\$0.10	\$0.90
5	Tuna	\$0.80	\$0.20	\$0.10	\$1.10
6	Turkey	\$0.80	\$0.20	\$0.10	\$1.10
7	Grilled Cheese	\$0.20	\$0.20	\$0.10	\$0.50
					\$6.40

Dinner: Simple Protein, Vegetable, & Carbohydrate. Ideally pick 2, and repeat during the week.

	Protein		Canned Veg.	Rice, Pasta, or Potato	
1	Italian Sausage	\$1.30	\$0.25	\$0.60	\$2.15
2	Chicken Thighs	\$1.30	\$0.25	\$0.60	\$2.15
3	Burger	\$1.70	\$0.25	\$0.60	\$2.55
4	Chicken Drum	\$1.30	\$0.25	\$0.60	\$2.15
5	Meatballs (3)	\$1.00	\$0.25	\$0.60	\$1.85
6	Sausage	\$1.30	\$0.25	\$0.60	\$2.15
7	Tilapia	\$2.00	\$0.25	\$0.60	\$2.85

Snacks: Options each day.

Apple	\$0.40	Average \$0.30/day x 7	\$2.10
Banana	\$0.20		

Weekly cost to eat meals and snack each day:

\$29.45

You can add or delete any items, like adding a bagged salad for \$0.99, or trade up to frozen or fresh vegetables, which would cost a little more. This is meant to be a guideline for weekly healthy balanced meals for approximately \$30.00

Information provided by:

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