

# Eating Well on a Student Budget

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	1 Egg muffin ½ c Blueberries	½ c Greek Yogurt ¼ c Almonds	1 Egg muffin ½ c Blueberries	½ c Greek Yogurt ¼ c Almonds	1 Egg Muffin ½ c Blueberries	½ c Greek Yogurt ¼ c Almonds	1 Egg Muffin ½ c Blueberries
<b>Snack</b>	1 Tbsp Peanut butter Medium banana	Hard boiled egg	1 Tbsp Peanut butter Medium banana	String cheese Apple	1 Tbsp Peanut butter Medium banana	Hard boiled egg	String cheese Apple
<b>Lunch</b>	½ c Chicken salad 6 Triscuits	1/3 c hummus Sliced cucumbers Orange	½ c Chicken salad 6 Triscuits	1/3 c hummus Sliced cucumbers Orange	½ c Chicken salad 6 Triscuits	1/3 c hummus Sliced cucumbers Orange	½ c Chicken salad 6 Triscuits
<b>Snack</b>	String cheese Apple	1 Tbsp Peanut butter Medium banana	String cheese Apple	Hard boiled egg	String cheese ¼ c Almonds	String cheese Apple	1 Tbsp Peanut butter Medium banana
<b>Dinner</b>	Vegetarian chili	Chicken stir fry	Vegetarian chili	Chicken stir Fry	Vegetarian chili	Chicken stir Fry	Vegetarian chili

**Average Cost per Day: \$8.60**

**Average Calories per Day: 1,2000 kcals**

## SHOPPING LIST

### Canned

Black Beans .69  
Corn .69  
Kidney Beans .69  
Black Beans .69  
Tomato sauce .69  
Diced tomatoes .69

### Condiments

Jif Peanut Butter 2.99  
Sabra Hummus 10oz 3.99  
**Snacks**  
Roasted almonds 9oz 4.99  
Triscuits 8.5oz 4.79

### Meat

Tyson Grilled & Ready Chicken Breast 8.39

### Dairy & Eggs

Chobani plain yogurt 1.25  
Chobani fruit yogurt (3) 1.25 ea  
Large white eggs 1.29  
Light String Cheese 12ct 4.29

### Produce

Baby Spinach 5oz 1.99  
Onion .25

Banana (5) .20 ea  
Blueberries 1 pint 4.99  
Orange (3) .80 ea  
Apple (5) 1.43 ea  
Zucchini .79  
Cucumber .78

# RECIPES

## Egg Muffin

Spray muffin tin with cooking spray. Whisk 4 eggs, tomato, spinach, salt and pepper together. Portion in muffin tins and bake for 20 minutes at 375F. 88 cal per serving. Other options include adding turkey sausage, mushrooms, and cheese.

## Vegetarian Chili

Dice 1 large onion and brown in a large skillet. Add onion, 2 15oz cans tomato sauce, 2 15oz cans diced tomatoes, 15oz can kidney beans, 15oz can black beans, 15oz can corn, 1 Tbsp cumin, and 1 Tbsp chili powder to a crock pot. Mix well and set on high for 4 hours. Portion out 2 cup portions (about 6 servings) and refrigerate. Freeze portions not used during the week. 206 cal per serving

## Chicken Salad

Shred 3 grilled & ready chicken breasts. Mix chicken with 1/2c plain greek yogurt, salt and pepper to taste. 4 servings. 103 cal per serving.

## Chicken Stir Fry

Chop 3 grilled & ready chicken breasts into bite size pieces. Heat in a skillet adding 1 c broccoli, zucchini, garlic powder, salt and pepper. Cook 5-7 minutes until veggies are tender. 3 servings. 130 cal per serving

## PREPARATION

Always wash hands with warm water and soap for 20 seconds before and after handling food.

Don't cross-contaminate. Keep raw meat away from other foods. Wash cutting boards, utensils and counter tops after cutting raw meat.

## COOKING

Cook to 145F – Raw beef, pork, lamb and veal steaks, chops, and roasts

Cook to 160F – Raw ground beef, pork, lamb, and veal

Cook to 165F – All poultry

## STORAGE

Always refrigerate perishable food within 2 hours.

Make sure your refrigerator is at 40F or below and freezer is 0F or below.

Cook or freeze poultry, fish and ground meats within 2 days. Other meats within 3-5 days.

### Leftovers

Discard any food left out at room temperature for more than 2 hours.

Place food into shallow containers and immediately put in refrigerator or freezer for rapid cooling.

Cook leftover within 4 days.

Reheat all leftovers to 165F.