

Eating Well on a Student Budget

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

Average Cost per Day: \$8.46

Average Calories per Day: 1,600 kcals

SHOPPING LIST

Canned

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

Condiments

Peanut Butter 1.99
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 8 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.