

7-Day Menu for Less Than \$5 a Day

- The menu provides an average of 2469 calories per day. You may need a few hundred calories more or less, depending on your size, age, and activity level. You can go to www.choosemyplate.gov to estimate your calorie needs and get more nutrition information.
- The menu is omnivorous—it includes all kinds of foods—and is as balanced as possible. A vegetarian menu could be just as affordable and nutritious.
- Use condiments, like fresh or dried herbs, spices, or soy sauce or hot sauce, to add variety and give meals some kick! Condiments are not included in cost estimate.
- Note that all meals and snacks are prepared at home. Preparing food at home—yes, even cooking dry beans—will take a little time and effort, but is a lot cheaper than eating in restaurants.

ONE WEEK MENU

	Day 1*	Day 2	Day 3	Day 4	Day 5**	Day 6	Day 7
Breakfast	2 cups cooked oatmeal with 2 tablespoons peanut butter	Smoothie: blend together one sliced, frozen banana + 1 cup yogurt + 1 cup calcium-fortified juice	1 fried egg + 1 cup cooked pinto beans on 2 tortillas	1 cup cereal + 1 cup milk 1 cup calcium fortified juice	2 cups cereal + 1 cup milk	2 cups cooked oatmeal with cinnamon (if available) and ½ chopped apple	2 slices of toast with 2 tablespoons peanut butter ½ sliced apple 1 cup milk
Lunch	1 can of tuna mixed with 2 tablespoons mayo on 2 slices of bread 1 apple	6 ounces leftover chicken and 1 cup vegetable rice pilaf 1 carrot cut into sticks	6 ounces leftover chicken, chopped and mixed with 2 tablespoons mayo on 2 slices bread 1 carrot cut into sticks	1.5 cup cooked pinto beans with 2 cups cooked rice	4 tablespoons peanut butter + 1 sliced banana on 2 slices bread 1 carrot cut into sticks	1 can tuna mixed with 2 tablespoons mayo rolled in 2 tortillas 1 cup yogurt	2 tortillas + 1 cup pinto beans 1 cup calcium-fortified juice
Snack	1 banana + 1 cup milk	1 cup cereal + 1 cup milk	2 slices toast with 2 teaspoons butter	1 tortilla + 2 tablespoons peanut butter	1 cup yogurt + 1 chopped apple	2 slices toast with 2 tablespoons peanut butter	PB-banana smoothie (blend together one sliced, frozen banana +1 cup milk + 2 tablespoons peanut butter)

	Day 1*	Day 2	Day 3	Day 4	Day 5**	Day 6	Day 7
Dinner	6 ounces baked chicken 2 cups vegetable rice pilaf (make extra for lunch tomorrow. Start with 1.5 cups dry rice as shown in recipe below)	1.5 cup cooked pinto beans and 2 cups cooked rice	Fried rice (sauté 2 cups leftover cooked rice and ½ cup mixed vegetables in 3 teaspoons oil, then add soy sauce and sprinkle of sesame oil (if available) before serving 1 cup calcium-fortified juice	2 egg broccoli omelet made with 3 teaspoons oil and ½ cup chopped steamed broccoli +1 cup cooked rice	6 ounces baked chicken + 1 cup cooked rice + ½ cup steamed broccoli drizzled with 1 tablespoon melted butter 1 cup calcium fortified juice	1/2 cup cooked rice made with ½ chopped onion and 1 chopped carrot+ 2 teaspoons oil + 1 cup pinto beans 1 cup calcium fortified juice	6 ounces baked chicken +1/2 cup cooked rice + ½ cup steamed chopped broccoli + 1 sweet potato
Snack	2 slices of toast + 2 teaspoons butter	Banana + 2 tablespoons peanut butter	1 cup cereal + 1 cup milk	Sliced apple + 2 tablespoons peanut butter	2 slices toast + 2 tablespoons peanut butter	1 cup warm milk + 1 tortilla	2 slices toast + 4 teaspoons butter
Calories	2394	2389	2424	2461	2294	2415	2530
Average: 2469 calories per day							

*Day 1 Peel, slice, and freeze 2 bananas to use in smoothies later.

Rinse beans and cover in water to soak overnight in refrigerator.

Make juice from concentrate.

Cut 3 carrots into sticks, store in fridge.

Consider storing bread in freezer to prevent staling.

Bake the chicken and make rice pilaf.

Rice pilaf instructions: Heat 1.5 tablespoons oil over medium-high heat, sauté ½ chopped onion in oil until soft, add 1.5 cup rice and sauté for one minute more. Add 3 cups water, cover, and cook until water is absorbed. Add 1/2 cup frozen vegetables for 4 minutes at the end of cooking until heated through.

Shopping list

Cost estimates based on Safeway and Berkeley Bowl prices advertised in January 2013. While lower prices may be found at various local markets, this list represents a “one-stop-shopping” which may be more realistic for busy students. Cut down further on cost by buying in bulk, using coupons or club cards, and looking for sales and specials. Note that costs are for *portions used in the menu*; your up-front cost will be higher if you purchase all items on the list as packaged.

Ingredient	Example	Portion used in menu	Estimated price
Bread, whole wheat, 1 loaf	Open Nature Bread 100% Whole Wheat – 24 Oz	18 ounces/slices	\$2.49 for 24 ounces (\$0.10/ounce) \$1.87 for 18 slices
Rice, white, small bag (brown rice is slightly more nutritious but takes longer to cook)	Safeway brand Long Grain White Rice - 32 Oz	32 oz	\$2.79
Oatmeal, regular, small container	Safeway Quaker Hot Cereal Oatmeal Regular – 18 Oz	11 ounces	\$2.00 for 18 ounces (\$0.11/ounce) \$1.21 for 11 ounces
Cereal, whole grain, 1 box	Kashi GoLean, 13.1 ounce box	5 cups (9 ounces)	\$3.00 for 13.1 ounces (\$0.23/ounce) \$2.07 for 9 ounces
Tortillas, 10-inch, one package	Mission 10-count multigrain tortillas	All	\$1.99
Pinto beans, dry, small bag	Safeway Pinto Beans - 16 Oz	All	\$1.79 (\$0.11/ounce)
Chicken, whole	3.50 LB Foster Farms Chicken Whole Fresh	All, estimated provides 30 ounces cooked chicken	\$3.47 (\$0.99/lb)
Peanut butter, small jar	Jif Natural Creamy Peanut Butter – 18 Oz	20 tablespoons	\$2.99 for the jar (36 tablespoons) \$1.70 for 20 tablespoons
Tuna, canned in oil	Chicken Of The Sea Tuna Chunk Light In Oil - 5 Oz	2 cans	\$1 per can \$2 for 2 cans

Eggs, ½ dozen	Lucerne Eggs Large Grade AA – 6 Count	3	\$1.49 for 6 \$0.74 for 3
Oil	Canola Oil, store brand	12 teaspoons or 4 tablespoons	\$0.20
Butter	Safeway Lucerne Butter Sweet Cream Quarters - 16 Oz	½ stick or 2 ounces	\$3.89 (0.24/oz) \$0.48 for ½ stick or 2 oz
Mayonnaise	Safeway Best Foods Easy Out 22 oz Mayo	3 ounces or 6 tablespoons	\$2.99 for 22 ounce container \$0.42 for 3 ounces
Apples, 1 lb or 4 small	Berkeley Bowl special: Washington Grown X- Fancy Aurora Apples (Gala/Golden Delicious cross)	4 small or 1 lb	\$1.29/lb
Bananas, 5	Safeway	All	\$0.36 each \$1.80 for 5
Juice, frozen concentrate, with added calcium	Safeway Calcium Enriched Orange Juice - 12 Fl. Oz.	All	\$2.30 (\$0.19/fl.oz)
Sweet potato, 1	Safeway produce	All	\$0.99/lb \$0.50 for one
Broccoli	Safeway Pantry Essentials Broccoli Cuts - 12 Oz	All	\$1.09 (\$0.09/ounce)
Carrots, 4 large	Safeway 1 lb bag carrots	All	\$1.09/lb \$0.27 for ¼ lb
Onion, 1	Safeway Yellow Onion	All	\$0.59
Mixed vegetables, small bag	Pantry Essentials Mixed Vegetables – 12 Oz	8 ounces	\$1.09 (\$0.09/ounce) \$0.72 for 8 ounces
Yogurt, 24 ounce tub	Lucerne Pantry Essentials 24 ounce Lowfat Vanilla Yogurt	All	\$1.99
Milk, 1%, ½ gallon	Lucerne Milk Low Fat 1% - Half Gallon	All	\$2.29 (\$0.04/fl.oz)
Total food cost for the week: \$34.59 (\$4.94/day)			