

Cheri's Budget Friendly Meal Plan

SHOPPING LIST (3 DAYS, 3 PEOPLE \$49.16):

1 lb whole carrots	1 12 oz bag frozen Brussels sprouts	1 10 oz bottle hot sauce
3 potatoes		2 5 oz. cans tuna in water
1 bunch cilantro	1 12 oz bag frozen cut green beans	1 16 oz can red beans
1 bunch kale		1 32 oz. bag brown long grain rice
1 bunch leaf lettuce	1.5 dozen large white eggs	
3 zucchini	1 16 oz bag finely shredded sharp cheddar cheese	1 5 lb bag flour
3 lb bag onions	1 8 oz sour cream	1 flatbread multigrain with flax
2 limes	1 16 oz unsalted butter	green tea 40 count tea bags
3 lb bag clementines	1 13 oz turkey kielbasa	
2 plantains	1 5 lb. fresh whole chicken	
3 mangoes		

DAY 1

Scrambled eggs with zucchini and onion topped with sour cream + plantains + tea

Wraps (1 cup beans smashed, ½ cup cheese, ½ the lettuce and hot sauce) and mangoes

Chicken 'n biscuits (½ chicken, 1 lb. frozen green beans, 1 onion, biscuits (flour, butter, salt) and tea

DAY 2

Fried eggs, cheese and biscuit sandwiches and tea

Wraps (1 cup beans smashed, ½ cup cheese, ½ the lettuce and hot sauce) and clementines

Arroz con pollo (see recipe) and tea

DAY 3

Omelets (with onions and cheese), flatbread, clementines and tea

Tuna and kale rice bowl (2 cans tuna, 1 bunch kale, 2 cups uncooked rice, 1 onion, 2 limes) and fermented carrot sticks

Kielbasa, baked potatoes topped with fermented onions, sour cream butter and cilantro and roasted Brussels sprouts

T= tablespoon oz. = ounce lb= pound