

## *Erin's Budget Friendly Meal Plan*

### SHOPPING LIST (3 DAYS, 1 PERSON \$19.14):

1 cucumber	1 box whole grain pasta	1 (28 ounce can) diced tomatoes
2 bananas	2 cups rolled oats	1 (15 ounce can) black beans
2 baking potatoes	1 box sunflower seeds	1 (15 ounce can) corn
1 lemons	1 jar peanut butter	1 (15 ounce can) petite diced tomatoes
3 apples	1 box raisins	2 (5 ounce can) tuna, packed in water
1 pound carrots		
1 egg		
1 pint low-fat milk		
1 block cheddar cheese		

### DAY 1

- 1 serving Banana Baked Oatmeal (see recipe)
- 1 T peanut butter + 1 apple
- 1 serving 30 Minute Meatless Chili (see recipe) + 1 baked potato + 1 oz. shredded cheese
- 2 T unsalted sunflower seeds + 1 T raisins
- 1 serving Tuna Pasta Salad (see recipe) with tomatoes and whole grain pasta + 1/2 cup carrot sticks

### DAY 2

- 1 serving Banana Baked Oatmeal
- 2 T unsalted sunflower seeds + 1 T raisins
- 1 serving Tuna Pasta Salad with tomatoes and whole grain pasta + 1/2 cup carrot sticks
- 1 apple + 1 T peanut butter
- 1 serving 30 Minute Meatless Chili + 1 baked potato + 1 oz. low-fat shredded cheese

### DAY 3

- 1 serving Banana Baked Oatmeal
- 2 T unsalted sunflower seeds + 1 T raisins
- 1 serving 30 Minute Meatless Chili + 1 baked potato + 1 ounce low-fat shredded cheese + 1/2 cup carrot sticks
- 1 T peanut butter + 1 apple
- 1 serving Tuna Pasta with tomatoes and whole grain pasta + 1/2 cup carrot sticks

T= tablespoon oz. = ounce lb. = pound