

How this meal plan works

- This plan includes 5 budget-friendly recipes with overlapping ingredients
- It's meant to cover 5 days of food (breakfast, lunch and dinner) for one person
- You can meal prep these meals on a Sunday OR you can cook meals fresh
- We aimed for a \$25 budget (for 1 person) for this plan for main ingredients (proteins, carbs, produce). We list spices in the grocery list, but we recommend using what you have and not buying extra spices to save money!

STORAGE & REHEATING NOTES

Meals can last in the fridge for 4-5 days. You can reheat them all in the microwave or on the stove. All meals except the sweet potato skillet are freezer-friendly for up to 6 months. You can freeze them in containers or zip-loc bags and reheat in the microwave/on the stove from frozen, or you can let them thaw in the fridge before reheating.

BUDGET MEAL PLAN: DAILY EATS

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Egg Cups	Egg Cups	Egg Cups	Banana oat pancakes	Banana oat pancakes
Lunch	Sweet potato skillet	Chicken noodle soup	Sweet potato skillet	Chicken fried rice	Chicken fried rice
Dinner	Chicken noodle soup	Sweet potato skillet	Chicken fried rice	Chicken noodle soup	Your choice!

Day 1

Breakfast: Egg Cups
Lunch: Sweet Potato Skillet
Dinner: Chicken Noodle Soup

Day 2

Breakfast: Egg Cups
Lunch: Chicken Noodle Soup
Dinner: Sweet Potato Skillet

Day 3

Breakfast: Egg Cups
Lunch: Sweet Potato Skillet
Dinner: Chicken Fried Rice

Day 4

Breakfast: Banana Oat Pancakes
Lunch: Chicken Fried Rice
Dinner: Chicken Noodle Soup

Day 5

Breakfast: Banana Oat Pancakes
Lunch: Chicken Fried Rice
Dinner: Your Choice

BUDGET MEAL PLAN: GROCERY LIST

PRODUCE

- 1 large sweet potato
- 1 red onion
- 1 tomato
- 1 cup spinach or kale (*optional*)
- 1 yellow onion
- 2 carrots
- 2 bananas
- 1/2 yellow onion
- 1 head of garlic

PROTEIN

- 32 oz chicken breast (sub chicken thighs)
- 1 dozen eggs
- 1/2 cup lentils

DAIRY/COLD CASE/FREEZER AISLE

- shredded cheese
- milk of your choice
- 12 oz bag frozen spinach
- 12 oz bag of frozen corn
- 12 oz mixed frozen veggies

PANTRY/GROCERY

- 15 oz can of black beans
- 3/4 cup rice
- agave, maple syrup, honey, or sugar

- soy sauce
- olive oil
- 6 oz short pasta
- 3 english muffins (*optional*)
- 1 cup old fashioned oats
- Nut butter (*optional*)
- Chocolate chips (*optional*)

SPICES

- Salt & pepper
- Cinnamon
- Cumin
- Cayenne
- Dried dill
- Dried thyme

COLOR CODE:

Egg Cups

Banana Oatmeal Pancakes

Chicken Noodle Soup

Fried Rice with Chicken

The Sweet Potato Skillet

Multiple meals

BUDGET MEAL PLAN: PREP GUIDE

This is your meal prep cheat sheet so you can make the most out of your time!

SUNDAY (or your big prep day)

1. Organize ingredients by recipe and chop your sweet potato, onion, garlic, and greens. Open the can of black beans, drain and rinse and set aside. Preheat your oven to 375 F (190 C).
2. Make the egg cups and get those in the oven. While they bake, start the chicken noodle soup by boiling the chicken.
3. While the chicken boils, start the sweet potato skillet. Check on the egg cups and take those out of the oven and set aside to cool. Turn off the oven.
4. While the sweet potatoes are cooking in the skillet, continue the soup. Keep the heat on low-medium for these dishes while you multitask so as to not overcook one.
5. Finish up the sweet potato skillet and take off the heat to allow it to cool while you finish up your soup.
6. Once the soup is done, remove from the heat and put your cooled egg cups and sweet potato skillet into containers. While the soup cools, clean up your kitchen and take a well earned break. When the soup is cooled, dish it into containers and you're done!

MIDWEEK PREP

1. Separate your ingredients by recipe and chop the chicken for the fried rice.
2. Cook the rice and once it's done remove from the heat to cool.
3. Make the pancakes. Once pancakes are done, cool on a cooling rack to avoid sogginess.
4. Continue the fried rice. Cook the eggs, then the chicken, then the veggies and combine everything. Allow to cool off the heat once everything is cooked.
5. Clean up while you're waiting for the fried rice to cool. Once everything is cooled completely, separate into containers, put everything away and you're done!

YOUR CHOICE:

- This spot is left open so you can treat yourself to take-out or a fresh-cooked meal at the end of the week. You can adjust this meal to any of your other meals to fit your weekly plan as needed!

7-Ingredient Spinach Egg Cups

Prep Time: 5 mins

Cook Time: 30 mins

Servings: 3 (2 egg cups per serving)

INGREDIENTS

- cooking spray
- 6 oz frozen spinach (*half a bag of frozen spinach*)
- 6 eggs
- ¼ cup milk of your choice *optional*
- salt and pepper to taste
- shredded cheese *optional*
- English muffins *optional*



INSTRUCTIONS

1. Preheat your oven to 375 F.
2. Prepare 6 wells of a muffin tin with A LOT of cooking spray. Be generous! Eggs tend to stick. Muffin liners are a good alternative to avoid egg sticking to your pan.
3. Cook the spinach: Heat up a skillet over a medium flame and add the spinach. No need to add oil. Add salt and pepper. Cook the spinach, stirring occasionally until it has defrosted and the water has cooked out - about 10 minutes on medium-low heat. The pan should look pretty dry. We don't want soggy eggs!
4. Meanwhile, whisk the eggs in a bowl. Add the milk and salt and pepper to taste (be generous). If using, add cheese. When the spinach is done, add the spinach to the bowl. Mix everything together.
5. Pour the mixture into the muffin tin - the cups will be almost completely full. They will expand a lot in the oven, but shrink back down when you take them out, so it's ok.
6. Place the muffin tin on a sheet pan and bake the egg cups for 20-25 minutes, until they're firm to the touch (but still a little squishy - not hard) and a little golden-brown on top. Let them cool completely before storing in the fridge. Enjoy them with English muffins, toast, bagels, wraps or on their own!

3-Ingredient Banana Oatmeal Pancakes

Prep Time: 5 mins

Cook Time: 15 mins

Servings: 2

INGREDIENTS

Main ingredients

- 2 bananas
- 3 eggs
- 1 cup old fashioned oats *sub instant oats, or 3/4 cup flour*

Optional add-ins

- ½ tsp cinnamon
- 1 TBSP nut butter *any nut butter!*
- ½ cup chocolate chips



INSTRUCTIONS

1. Heat up a non-stick skillet over medium-low heat while you prepare the batter.
2. Mash the bananas in a bowl. Whisk in the eggs and oats. If using cinnamon or nut butter, add it in at this point!
3. Prepare your pan with cooking spray (take it off the flame to do this!). Use a 1/4 or 1/3 measuring cup to add batter over medium-low heat to the pan. If using chocolate chips, add a few to the pancake at this point. After 3-4 minutes, carefully flip the pancake and cook it on the other side for 2-3 minutes. These are not easy to flip, so if you have trouble, that's ok. Transfer to a plate or wire rack to cool, then repeat with the rest of the batter!
4. Let the pancakes cool before storing in the fridge.

The Sweet Potato Skillet

Prep Time: 10 mins

Cook Time: 20 mins

Servings: 3

INGREDIENTS

- 1 TBSP olive oil
- 1 clove garlic *minced*
- 1 sweet potato *chopped into cubes*
- ½ red onion *chopped*
- 1-2 cups corn *canned, frozen or fresh (if using fresh, boil it for 10 mins and cut it off the cob)*
- 1 ½ cup tomato *chopped, optional*
- 1 15 oz (425g) can of black beans *rinsed and drained*
- 2 tsp cumin
- ½ tsp cayenne
- salt and pepper to taste
- 1 cup kale *or spinach, chopped, optional*
- shredded cheese *optional*



INSTRUCTIONS

1. Add 1 TBSP of oil to a large skillet over medium heat, followed by the minced garlic. Stir and cook for one minute.
2. Add the sweet potatoes and a dash of salt, pepper and cumin. Stir. Cook uncovered for three minutes and stir occasionally.
3. Add the onion and cook uncovered for two minutes. Then add the beans, corn, tomatoes, more salt and a dash of cayenne and stir.
4. Reduce heat and cover the pan. Cook for 15 minutes on low heat.
5. Add the chopped up greens and stir until they have wilted slightly. Don't let them get too soggy!
6. If you want to add cheese, add as much or as little as you'd like and stir until it's melted.
7. Fill three containers with the sweet potato skillet.
8. Let each container cool for 15 minutes before covering and putting in the fridge.

Easy Chicken Noodle Soup

Prep Time: 10 mins

Cook Time: 35 mins

Servings: 3

INGREDIENTS

- 16 oz chicken breast *sub chicken thighs*
- 6 cups water *divided*
- salt and pepper to taste *be generous*
- 2 tsp olive oil
- 1 onion *chopped*
- 1 tsp dried dill
- 1 tsp dried thyme
- 6 oz short pasta
- 6 oz mixed frozen veggies



INSTRUCTIONS

1. Add the chicken to a pot with half of the water (3 cups) with salt and pepper and bring it to a boil. If the water is no longer covering the chicken, add a little more. Cover and reduce the heat to medium/low and cook for 25 minutes, until the chicken is cooked through.
2. Remove the chicken from the water and set aside. If there's any impurities/fat floating at the top of the broth, you can drain it (but make sure to catch the broth in a bowl!) or skim it off the top with a spoon.
3. Transfer the broth to a bowl. In the same pot, add 2 tsp oil, followed by the onion with a pinch of salt. Add the dill and thyme. Sauté the onion for about 5 minutes, then add the broth and remaining water. Bring to a boil, then add the pasta and veggies. Cook the pasta all the way through - about 10 minutes.
4. Meanwhile, shred the chicken with 2 forks and add it back to the pot.
5. Stir everything together and taste. Add more salt, pepper, thyme or dill if needed.
6. Divide the soup between 3 meal prep containers. Let it cool for about 30 minutes before storing in the fridge. You can also freeze it for up to 6 months.

Quick Fried Rice With Chicken

Prep Time: 10 mins | Cook Time: 30 mins | Servings: 3

INGREDIENTS

- $\frac{3}{4}$ cup rice
- $\frac{1}{4}$ tsp salt
- 1- $\frac{1}{2}$ cup water
- 2 TBSP olive oil *divided*
- 2 eggs *whisked*
- 6 oz mixed frozen veggies *1/2 a 12 oz bag of veggies*
- 16 oz chicken breast *chopped into small pieces*
- $\frac{1}{3}$ cup soy sauce *divided*
- 1 clove garlic *minced*
- 1 tsp agave, maple syrup or honey *or regular white sugar*



INSTRUCTIONS

1. Cook the rice: add the rice, salt and water to a pot. Bring to boil, then reduce the heat all the way down and cover the pot. Let it cook for 10 minutes, then turn off the heat and keep covered for an additional 10 minutes. No peeking or stirring!
2. Add 1 TBSP olive oil to a nonstick skillet over medium heat. Add the whisked eggs and a pinch of salt. Scramble the eggs over medium heat until they're completely cooked through, about 3-5 minutes. Transfer the eggs to a plate when finished.
3. In the same pan, add the remaining 1 TBSP oil and let it heat up for a good 2-3 minutes. Meanwhile, sprinkle salt over the chopped chicken. When the pan is nice and hot, add the chicken. Depending on the size of your pan, you may need to do this in 2 batches to avoid overcrowding. Cook on one side for 5-6 minutes, then flip and cook for another 4-5 minutes, or until the chicken is cooked all the way through. Repeat this process until all the chicken is cooked.
4. Add all the chicken to the pan with $\frac{1}{3}$ cup of soy sauce over medium heat. If using honey or sugar, add it at this point. Toss the chicken and let the sauce thicken up, about 3-4 minutes. Set all the chicken aside.
5. Finally, cook the veggies. Add them all to the pan with a pinch of salt and garlic if using over medium heat. Cook until they've thawed out and warmed up, about 7-8 minutes. Turn the heat down and add the cooked rice, egg and chicken back to the pan (it's going to be a lot!). Stir until the rice starts to look darker in color. If the pan seems really dry and like there's no sauce for the rice to be coated in, add a splash of soy sauce.
6. Divide the fried rice between three meal prep containers. Let it cool down for 20-30 minutes before storing in the fridge.