

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 | Tofu Scramble | Tofu Scramble | Tofu Scramble | Overnight Oats | Overnight Oats |
| Lunch | Lentil Minestrone | Edamame Fried Rice | Lentil Minestrone | Edamame Fried Rice | Sweet Potato Skillet |
| Dinner | Edamame Fried Rice | Lentil Minestrone | Sweet Potato Skillet | Sweet Potato Skillet | Your choice! |

Day 1

Breakfast: Tofu Scramble
Lunch: Lentil Minestrone
Dinner: Edamame Fried Rice

Day 2

Breakfast: Tofu Scramble
Lunch: Edamame Fried Rice
Dinner: Lentil Minestrone

Day 3

Breakfast: Tofu Scramble
Lunch: Lentil Minestrone
Dinner: Sweet Potato Skillet

Day 4

Breakfast: Overnight Oats
Lunch: Edamame Fried Rice
Dinner: Sweet Potato Skillet

Day 5

Breakfast: Overnight Oats
Lunch: Sweet Potato Skillet
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 cups fruit of your choice
- 1/2 yellow onion
- 1 head of garlic

PROTEIN

- 14 oz pack of tofu
- 8 oz edamame (*fresh or frozen*)
- ½ cup lentils

DAIRY/COLD CASE/FREEZER AISLE

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

PANTRY/GROCERY

- 15 oz can of black beans
- 1 TBSP salsa *optional*
- ¾ cup rice

- soy sauce
- olive oil
- tomato paste
- 28 oz can diced tomatoes
- 6 oz macaroni, *sub small pasta of your choice*
- 3 english muffins (*optional*)

SPICES

- Salt & pepper
- Cumin
- Cayenne
- Curry powder
- Crushed red pepper flakes
- Turmeric
- Onion powder, sub garlic powder
- Oregano

COLOR CODE:

Tofu Scramble

Overnight Oats

Lentil Minestrone

Fried Rice with Edamame

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. Drain and press your tofu. Chop the veggies needed for the minestrone and group together ingredients by recipe.
2. Make the rice for the fried rice, take off the heat and allow to cool while you start the minestrone.
3. Once the lentils are cooking in the soup, start the tofu scramble.
4. Finish the tofu scramble, remove from the heat and set aside. Go back and finish the soup. Remove the soup from the heat when it's done. Make sure to taste as you go!
5. Cook the fried rice. This will come together quickly since your rice is cooked. Once this is done, take it off the heat and let it cool completely.
6. While everything is cooling, clean up your kitchen or take a break!
7. Once the meals are completely cooled, put away in containers and place in the fridge. You did it!

MIDWEEK PREP

1. Chop your veggies for the sweet potato skillet and organize your ingredients by recipe.
2. Start the sweet potato skillet.
3. While the sweet potatoes are cooking, prep your overnight oats. Repeat the process with as many oats as you would like.
4. Finish up the sweet potato skillet and remove from the heat. Allow it to cool while you put away your overnight oats and clean up a bit.
5. Once the sweet potato skillet has cooled, separate into containers and put away in the fridge. That's it!

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!

Easy Tofu Scramble

Prep Time: 5 mins

Cook Time: 15 mins

Servings: 3

INGREDIENTS

Main ingredients

- 6 oz frozen spinach *1/2 a 12 oz package of frozen spinach*
- 14 oz package of firm tofu *pressed*

Extras

- salt and pepper *to taste*
- 1 TBSP soy sauce
- ¼ tsp turmeric
- ½ tsp curry powder
- ½ tsp onion powder *sub garlic powder*
- ¼ tsp crushed red pepper *optional, if you like heat!*
- 3 english muffins *optional, if you want to turn these into breakfast sandwiches!*



INSTRUCTIONS

1. Heat up a nonstick skillet over a medium flame for 2-3 minutes. Add the spinach to the pan (no oil needed) and let it thaw and cook through over medium heat, until most of the water has evaporated about 7-8 minutes. Stir often.
2. Push the spinach to the edges of the pan and add the tofu over medium heat. Use a wooden spoon or spatula to break it up. Add salt, pepper and other seasonings if using (soy sauce, turmeric, curry powder, onion powder, red pepper). "Scramble" the tofu until it's in smaller pieces and yellow-ish in color. It should resemble scrambled eggs! Cook for 5-7 minutes, mixing it in with the spinach, until the pan looks pretty dry and the tofu has good color on it.
3. Divide the tofu scramble between three containers. If using tortillas, English muffins or bread with this meal, keep it on the side until you eat!

Overnight Oats Master Recipe

Prep Time: 10 mins

Servings: 1 (repeat with as many servings you would like)

INGREDIENTS

- ½ cup old fashioned oats
- ¾ cup assorted fruit of your choice (*berries, banana, strawberries, apples, peaches, mango etc*)
- 1 cup milk of your choice

INSTRUCTIONS

1. Lay out as many containers as you need (up to seven max)
2. Add oats, fruit and milk/water to the container(s)
3. Add any other ingredients you want! We recommend yogurt, nuts, seeds, chocolate chips, nut butter, protein powder - you really can't go wrong!
4. Stir and seal in an airtight container in the fridge for up to 4 days. You can eat overnight oats cold, room temp or reheat them in the microwave or on the stove!



NOTES

These meals should last up to five days in your fridge when stored in airtight containers. You can heat them up in the microwave or on the stove.

Freezer-Friendly Vegan Minestrone

Prep Time: 5 mins

Cook Time: 35 mins

Servings: 3

INGREDIENTS

- 1 TBSP olive oil
- 1 onion *chopped small*
- 2 carrot *chopped*
- 2 clove garlic *minced*
- 2 TBSP tomato paste *optional*
- salt and pepper to taste
- 28 oz can of diced tomatoes *don't drain*
- 6 cups water *divided, sub veggie or chicken broth*
- ½ cup lentils
- 1 tsp oregano
- 6 oz mixed frozen veggies *sub 2 cups chopped seasonal veg of your choice*
- 6 oz macaroni elbows *sub small pasta of your choice*



INSTRUCTIONS

1. Heat up a large pot over a medium flame and add the olive oil. After a minute or two, add the onions and carrots with a pinch of salt. Cook for 5-7 minutes over medium-low heat, until the onions start to soften and become fragrant.
2. Add the garlic, tomato paste and more salt and pepper. Stir to coat the veggies in the paste and cook on medium for 2-3 minutes.
3. Add the can of diced tomatoes, 3 cups of water, lentils and oregano. Add another pinch of salt. Bring the mixture to a boil, then cover and reduce to a simmer. Let the lentils cook for about 10-15 minutes.
4. Add the remaining 3 cups of water, mixed frozen veggies and pasta. Add a generous pinch of salt. Bring the pot to a boil, then reduce the heat and let the pasta cook through for about 10-12 minutes.
5. Taste the soup and adjust spices as needed! Then divide it between your containers and let it cool for 15-20 minutes before sealing and storing.

Fried Rice With Edamame

Prep Time: 10 mins

Cook Time: 30 mins

Servings: 3

INGREDIENTS

Main ingredients

- $\frac{3}{4}$ cup rice
- $\frac{1}{4}$ tsp salt
- 1- $\frac{1}{2}$ cup water
- 8 oz edamame *half a bag of edamame*
- 1 TBSP olive oil
- 6 oz mixed frozen veggies *1/2 a 12 oz bag of veggies*
- $\frac{1}{3}$ cup soy sauce *divided*



Extras

- 1 clove garlic *minced*

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. Cook the edamame according to the package.
3. De-shell the edamame if needed.
4. 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, and edamame back to the pan. Add the soy sauce. 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 another splash of soy sauce.
5. Divide the fried rice between three meal prep containers. Let it cool down for 20-30 minutes 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 non-dairy 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 non-dairy 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.