

1 WEEK MEAL PLAN

MONDAY



Whole Wheat Pancakes with Banana Slices

Ingredients: 1 ½ cups flour, 2 tsp baking powder, ½ tsp baking soda, ¼ tsp salt, 1 ¾ cups milk, 1 egg, 2 tbsp melted butter, 2 ripe bananas, sliced. (Pancakes can be made ahead and reheated throughout the week)
Cost: Approximately \$7 (ingredients can make multiple servings)



Tuna Salad Pita Pockets with Carrot Sticks

Ingredients: 1 can (12 oz) canned tuna, light mayo, chopped celery, onion (optional), 4 whole wheat pita breads, carrot sticks.
Cost: Approximately \$5 (ingredients can make multiple servings)



One-Pan Veggie Burgers with Roasted Sweet Potato Wedges

Ingredients: 1 ½ lb ground turkey or lentils, 1 cup chopped onion, ¾ cup breadcrumbs, 1 egg (optional for vegan burgers), 1 tsp each of dried herbs (such as oregano, thyme), 2 large sweet potatoes, cut into wedges.
Cost: Approximately \$15 (ingredients can make multiple burgers and wedges)

TUESDAY



Oatmeal with Apples and Raisins

Ingredients: 2 cups rolled oats, 3 cups water or milk, 1 apple, chopped, ½ cup raisins, 1 tsp cinnamon.
Cost: Approximately \$4 (ingredients can make multiple servings)



Leftover Veggie Burgers and Veggie Sticks

Utilize leftover ingredients from dinner. Serve with a side of fun-shaped veggie sticks like carrots, cucumbers, and bell peppers with hummus or yogurt dip.



Chicken and Veggie Fried Rice

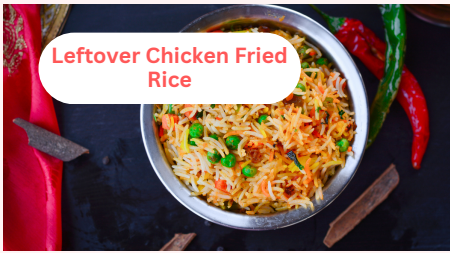
Ingredients: 1 ½ lb boneless, skinless chicken breasts, chopped, 2 cups frozen stir-fry vegetables, 2 cups cooked rice, 1 tbsp soy sauce, 1 tbsp cornstarch, 1 tsp grated ginger, 1 scrambled egg (optional).
Cost: Approximately \$15 (ingredients can make multiple servings)

WEDNESDAY



Scrambled Eggs with Cheese and Toast

Ingredients: 4 eggs, 1 cup shredded cheese, 4 slices bread, milk (optional).
Cost: Approximately \$5 (ingredients can make multiple servings)



Leftover Chicken Fried Rice

Repurpose leftover fried rice for a quick and easy lunch.



Taco Night!

Ingredients: 1 lb ground beef or turkey, taco seasoning packet, 1 can (15 oz) diced tomatoes, 1 can (15 oz) black beans, rinsed and drained, shredded lettuce, diced tomatoes, shredded cheese, taco shells or tortillas.
Cost: Approximately \$12 (ingredients can make multiple servings)

THURSDAY



Yogurt Parfaits with Granola and Berries

Ingredients: 2 cups plain yogurt, ½ cup granola, 1 cup frozen berries.
Cost: Approximately \$6 (ingredients can make multiple servings)



Leftover Taco Meat Salads

Use leftover taco meat, lettuce, cheese, salsa, and other toppings to create fun taco salad bowls.



Lentil Soup with Crusty Bread

Ingredients: 1 ½ cups brown lentils, rinsed, 6 cups vegetable broth, 1 cup chopped onion, 1 chopped carrot, 1 chopped celery stalk, 1 tsp dried thyme, 1 bay leaf, crusty bread.
Cost: Approximately \$8 (ingredients can make multiple servings)

FRIDAY



French Toast with Fruit

Ingredients: 4 slices bread, 2 eggs, 1 cup milk, 1 tsp vanilla extract, ¼ tsp cinnamon, fruit (such as berries or bananas) for topping.
Cost: Approximately \$4 (ingredients can make multiple servings)



Leftover Lentil Soup and Grilled Cheese Sandwiches

Combine leftover soup with a classic kid-favorite grilled cheese.



One-Pot Cheesy Chicken Pasta

Ingredients: 1 lb boneless, skinless chicken breasts, chopped, 1 box pasta (kid-friendly shape optional), 1 can (14.5 oz) diced tomatoes, 1 cup chicken broth, ½ cup milk, 1 cup shredded cheddar cheese, 1 tbsp olive oil, 1 tsp dried oregano, ½ tsp garlic powder, salt and pepper to taste.
Cost: Approximately \$10 (ingredients can make multiple servings)