

Alex's Budget Friendly Meal Plan

SHOPPING LIST (3 DAYS, 2 PEOPLE \$33.75):

½ lb apples	brown rice	vegetable broth
½ lb carrots	quick oats	2 cans diced tomatoes
1 bulb garlic	whole wheat bread	1 can chick peas
2" nub of ginger	whole wheat pasta	1 can black beans
½ lb onion	frozen mixed veggies	peanut butter
1 bunch kale	frozen edamame	jar salsa
½ lb sweet potatoes	milk of your choice	soy sauce
3 zucchini	32 oz. yogurt	
	eggs	

DAY 1

Apple Cinnamon Stovetop Oatmeal (see recipe)
Beans & Rice with Salsa
Mafe aka Sweet Potato
Peanut Stew (see recipe)

DAY 2

Kale, Zucchini & Onion Omelet/Scrambled
Eggs with WW toast
Leftover Mafe
Veggie Fried Rice (see recipe) with steamed
edamame

DAY 3

Apple Cinnamon Stovetop Oatmeal leftovers
Peanut Butter & Apple Sandwich with
carrot sticks
WW Spaghetti with Zesty Skillet Zucchini (see
recipe), Kale & Diced Tomatoes

T= tablespoon oz. = ounce lb. = pound