

## *Megan's Budget Friendly Meal Plan*

### SHOPPING LIST (3 DAYS, 2 PEOPLE \$33.62):

1 lb broccoli	1 jar peanut butter	1 bag frozen peas
1 lb green beans	tomato sauce	1 lb bag rice
1 cucumber	1 jar salsa	1 box whole wheat pasta
1 bag baby carrots	1 can black beans	1 box whole grain cereal
1 large onion	greek yogurt	whole grain wraps
1 quart strawberries	1 lb chicken	1 bottle Italian dressing
1 small bunch bananas	½ lb ground turkey	3 cans tuna in water

#### **DAY 1**

Greek yogurt with strawberries and cereal  
Mediterranean tuna salad in a wrap (see recipe)  
Roasted chicken with green beans, pasta and sauce

#### **DAY 2**

Greek yogurt with strawberries and cereal  
Peanut butter and banana wrap with baby carrots  
Ground turkey w/ black beans, salsa, rice and steamed broccoli

#### **DAY 3**

Greek yogurt with strawberries and cereal  
Mediterranean tuna salad in a wrap  
Chicken, green beans, pasta and sauce

**T= tablespoon oz. = ounce lb= pound**