

Single-Person Budget Meal Plan

Meal Plan

Monday

Breakfast: Oatmeal with sliced banana and honey

Lunch: Grilled cheese sandwich with tomato soup

Dinner: Spaghetti with marinara sauce and a small salad

Tuesday

Breakfast: Scrambled eggs with toast and an orange

Lunch: Turkey and cheese wrap with carrot sticks

Dinner: Rice and beans with sautéed onions and peppers

Wednesday

Breakfast: Yogurt with granola and berries

Lunch: Leftover rice and beans with cucumber slices

Dinner: Baked potato with cheese, broccoli, and sour cream

Thursday

Breakfast: Pancakes with syrup

Lunch: Egg salad sandwich with apple slices

Dinner: Lentil soup with bread

Friday

Breakfast: Toast with peanut butter and a banana

Lunch: Pasta salad with vegetables and a hard-boiled egg

Dinner: Mini pizza with tortilla, marinara, and cheese

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Saturday

Breakfast: Smoothie with frozen fruit, yogurt, and milk

Lunch: Quesadilla with cheese and leftover beans

Dinner: Roast chicken thighs with roasted potatoes and carrots

Sunday

Breakfast: French toast with cinnamon and syrup

Lunch: Leftover roast chicken and veggies

Dinner: Chili with ground turkey, beans, and canned tomatoes

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Grocery List

Produce

- Bananas (2)
- Oranges (2)
- Apples (2)
- Cucumber (1)
- Carrots (1 bag)
- Potatoes (2-3)
- Broccoli (1 head)
- Onion (1)
- Bell peppers (1-2)
- Frozen mixed vegetables (1 bag)
- Frozen berries (1 small bag)

Pantry

- Oats (1 container)
- Pancake mix
- Rice (1 lb)
- Dried or canned beans (2 cans or 1 lb dried)
- Lentils (1 lb)
- Pasta (1 lb)
- Marinara sauce (1 jar)
- Canned tomato soup (1 can)
- Canned tomatoes (2 cans)

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- Peanut butter (1 jar)
- Bread (1 loaf)
- Tortillas (1 pack)
- Syrup
- Oil (vegetable or olive)
- Honey (small bottle)
- Spices (salt, pepper, cinnamon)

Dairy

- Eggs (1 dozen)
- Milk (1/2 gallon)
- Butter (1/2 lb)
- Yogurt (plain or vanilla, bulk container)
- Shredded cheese (1 lb)
- Sour cream (small container)

Protein

- Ground turkey (1/2 lb)
- Chicken thighs (2-3 lbs, bulk or frozen)
- Turkey slices (for wraps)
- Cheese slices (for sandwiches)