

# Affordable 7-day Menu

- This is inspired by UC Berkeley’s 7-day menu. The menu provides an average of 1,795 calories per day. You may need to add more or less calories, depending on your size, age, and activity level.
- The website [www.choosemyplate.gov](http://www.choosemyplate.gov) is a good guide to start with first to estimate your needs and more affordable recipes.
- The menu is made based off of items that you may receive at the Merritt College Food Bank and will make your overall cost of your meals even lower.
- Seasoning was not included in the menu, but can be added to your liking. Fresh or dried herbs will add variety to your meals.

## ONE WEEK MENU

	Day 1*	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	-2 cups Oatmeal -1 sliced Banana  -1 hard boiled egg	-2 slices of toast with 2 tsp peanut butter  -1 Apple  -1 cup of milk	-2 cups Overnight Oatmeal w/ 2 cups milk - 1 diced apple	Banana and Egg Pancakes  -1 cup milk	Parfait: - 1 cup Plain yogurt with ½ cup diced apple (add Cinnamon if available) -1 toast	Breakfast Burrito	-2 slices toast - 1/2 cup milk -1 sliced banana  -1 hard boiled egg
Lunch	2 Egg Salad Sandwich	Quesadilla: use leftover filling to make another quesadilla*	Leftover Fried Rice	Leftover Rice Bowl	2 Egg Spinach Omelet	Leftover Chicken Rice Casserole	Chicken Salad Sandwich: - 1 cup shredded chicken, -¼ cup diced celery -¼ cup plain yogurt..  -1 Apple

Snack	-Banana w/ 2 tsp peanut butter  -1 toast	-1 apple -1 Carrot cut into sticks	-2 stalks celery cut into sticks -2 tsp peanut butter (add raisins if available)	-2 slices of toast with 2 tsp peanut butter -1 banana	Smoothie: -1 frozen banana - ½ cup frozen fruit medley -1 cup of milk.	-1 Apple and 2 tsp peanut butter	-1 banana -1 carrot cut into sticks  -1 hard boiled egg
Dinner	Chicken Quesadilla  Note: Make double the portion and to save half of the filling for lunch tomorrow	Chicken Fried Rice  Note: Make double the portion and save half for lunch tomorrow	Rice Bowl  Note: Make double the portion and save half for lunch tomorrow	Chicken Burrito: -½ cup of rice -¼ cup pinto beans -½ cup canned chicken -1 tbsp cheese -1 tortilla	Chicken Rice Casserole: -2 cups cooked rice -1 cup diced celery -2 garlic cloves -1 cup diced carrots -1 cup plain yogurt -2 cups shredded chicken  -Note: Make double the portion and save half for lunch tomorrow	Chicken Omelet: -2 eggs scrambled -½ cup shredded chicken -2 tbsp cheese -2 tsp oil  -½ cup spinach  2 slices of toast	Vegetable Wrap -½ cup pinto beans -1/2 carrot matchsticks -1 stalk celery matchsticks
Snack	2 slices of toast and 2 tsp peanut butter	1 cup yogurt + 1 apple	1 cup yogurt + 1 apple	Smoothie: 1 frozen banana, ½ cup frozen fruit medley, and 1 cup milk	2 slices toast + 2 tsp peanut butter + ½ cup of milk  1 banana	2 stalks celery cut into sticks 2 tsp peanut butter	2 slices of toast 2 tsp peanut butter  1 carrot cut into sticks
Calories	1,758	1,991	1,955	1,750	1,748	1,764	1,605

**\*Day 1:** Prepare snacks ahead of time by freezing two bananas (peeled and sliced) for your smoothies later in the week. Cut your carrots and celery into sticks, separate, and store in the fridge. Season and bake the chicken until it reaches to the minimum of 165 degrees Fahrenheit. Rinse and drain canned pinto beans ahead of time and store in the fridge

# Recipe Guide

*The following are the recipes that are used for the menu. This is a simple guide in making these meals. Note that no seasoning was included- feel free to add any seasoning of your choice.*

## **2 Egg Salad Sandwich**

Directions: Hard boil 2 eggs. Cool eggs and peel. Mash eggs with ½ cup plain yogurt and mixed together with ¼ cup diced celery together. Put between 2 slices of bread and serve.

## **Chicken Quesadilla**

Directions: Combine 2 cups shredded chicken, 2 oz of cheese, and 1 cup pinto beans in between 2 tortillas and put on pan until cheese melts

## **Chicken Fried Rice**

Directions: In 1 tablespoon of oil, scramble 2 eggs and set aside. Saute 2 cloves garlic with 1/2 cup diced celery, and 1/2 cup of diced carrots. Once vegetables are cooked, add cooked rice and saute until rice is no longer lumpy. Add in eggs and mix until combined. Add 2 cups of chicken on top.

## **Rice Bowl**

- 2 cups cooked rice
- 1 cup canned pinto beans, rinsed and drained
- 1 cup shredded chicken
- 1 tbsp cheese
- 1 cups of spinach

Directions: Combine all together in a bowl and serve.

## **Chicken Burrito**

- ½ cup of cooked rice
- ¼ cup pinto beans, rinsed and drained
- ½ cup canned chicken
- 1 tbsp cheese
- 1 tortilla

Directions: Combine all ingredients in tortilla and wrap into a burrito.

### **2 Egg Spinach Omelet**

Directions: Saute ½ cup spinach in 3 tsp oil, whisk eggs and add with spinach. Sprinkle 3 tsp of cheese on top. Can be made as a scramble too.

### **Chicken Rice Casserole**

- 2 cups cooked rice
- 1 cup diced celery
- 2 garlic cloves
- 1 cup diced carrots
- 1 cup plain yogurt
- 2 cups shredded chicken

Directions: Saute celery, carrots and garlic until soft. Mix with plain yogurt and shredded chicken.. Put in oven safe pan and bake for 30-40 minutes.

### **Breakfast Burrito**

Directions: Scramble 2 eggs with 1 oz of cheese and ¼ cup diced celery. Use 1 tortilla to wrap.

### **Chicken Omelet**

- 2 eggs scrambled
- ½ cup shredded chicken
- 2 tbsp cheese
- 2 tsp oil
- ½ cup spinach

Directions: Whisk eggs and pour in a pan with 2 tsp oil, add in canned chicken and cheese on one side and flip into omelet shape. Serve with a side of saute spinach

### **Chicken Salad Sandwich**

- 1 cup shredded chicken
- ¼ cup diced celery
- ¼ cup plain yogurt
- 2 slices of bread

Directions: Combine all ingredients and put between 2 slices of bread.

**Vegetable wrap**

Two tortillas makes two wraps

Layer with ½ cup beans, 1/2 carrots cut into matchsticks, and 1 stalk celery cut into matchsticks as well.

**Banana and Egg Pancakes**

Directions: Blend 2 banana and 2 eggs together into a smooth mixture. Add 1 tsp of oil and pour mixture on in pan and cook until pancake mixture form bubbles or if the bottom starts to brown. Flip over and brown the other side. Serve with milk

# SHOPPING LIST

*This acts as a guide for students who want to shop at one store. Prices are based on Safeway as advertised in 2018. Other local markets may provide a better value for items purchased. The costs are calculated by the portion used for the menu-your total purchase cost will be higher.*

Ingredient	Example Used	Portion Used in Menu	Estimated Price
<b>Banana, 10</b>	Safeway	All	\$0.79/ lb 1 banana = ~\$0.23 <b>10 bananas = \$2.25</b>
<b>Apples, 10</b>	Safeway Signature 3 lb bag	8	\$2.99 per 3 lb bag 1 apple = ~\$0.29 <b>8 apples = \$2.32</b>
<b>Garlic</b>	Safeway	1	2 for \$1 <b>1 = \$0.50</b>
<b>Carrot, ~10</b>	Safeway 2lb bag	6 carrots	\$1.99 per 2lb bag 1 carrot = \$0.20 <b>6 carrots = \$1.20</b>
<b>Spinach</b>	Signature Kitchens Chopped Spinach Frozen, 16 oz	All	<b>\$1.99</b>
<b>Plain yogurt</b>	Lucerne Plain Nonfat Yogurt, 32 oz	All	<b>\$3.99</b>
<b>Cheese</b>	Lucerne Reduced Fat Mozzarella, 6oz	All	<b>\$2.99</b>
<b>Beans</b>	Signature Kitchens Pinto Beans, 29oz can	24 oz	\$1.88 (\$0.06/ ounce) <b>24 oz = \$1.55</b>
<b>Chicken, Whole</b>	Foster Farms Whole Chicken , 5lb	ALL 5 lbs = 80oz= 10 cups	\$0.88/lb <b>5lb = \$4.44</b>
<b>Peanut Butter</b>	Jiff Natural Creamy Peanut Butter, 16 oz jar	½ cup = 4 oz = 8 tablespoons	\$2.99 (\$0.19/ ounce)

			<b>4oz = \$0.76</b>
<b>Eggs*</b>	Value Corner Large Grade AA, 18 eggs	15 eggs	\$4.59 (\$0.26/ egg) <b>15 eggs = \$3.90</b>
<b>Milk</b>	Lucerne 2% Milk, 64 oz (half gallon)	All	<b>\$3.99</b>
<b>Frozen Mixed Berries</b>	Signature Kitchens Whole Mixed Berries, 12 oz bag	8 oz = 1 cup	\$3.50 (\$0.29/oz) <b>8oz =\$2.33</b>
<b>Oatmeal</b>	Signature Kitchens Oats Old-Fashioned, 42 Oz	32 oz = 4 cups	\$3.99 (\$0.10/z) <b>32 oz = \$3.20</b>
<b>Tortilla, Whole Wheat, 8</b>	Mission 100% Whole Wheat, 8 count	All	<b>\$4</b>
<b>Bread</b>	Signature Select 100% Whole Wheat, ~ 20 Slices	All	<b>\$1.99</b> (\$0.10/slice)
<b>Brown Rice</b>	Signature Kitchen Long Grain Brown Rice, 32 oz	All	<b>\$2.30</b>
<b>Celery</b>	Safeway, Medium	All	<b>\$1.99</b>
			<b>TOTAL COST OF THE WEEK:\$45.68 (\$6.53/DAY)</b>