



HEALTHY MEAL PLANNER SAMPLE

of Healthy Eating
On a Budget!

	Breakfast	Lunch	Dinner
Day 1	Oatmeal with nuts and berries Hard boiled egg Milk (lowfat or nonfat)	Tuna salad, lettuce, tomato sandwich on whole wheat bread Carrot sticks or cherry tomatoes Sliced banana and strawberries	Chicken (make double for next day) Baked potatoes/yams & carrots (Bake extra potatoes for next day) Leafy Green Salad
Day 2	Vegetable and potato/yam scramble (use potatoes/yams from day 1) Tangerine	Chicken salad (chicken from day 1) Baked crackers Apple slices	Vegetable Chicken Enchiladas* Green beans Peach Crumble*
Day 3	Yogurt with chopped nuts and berries	Turkey, avocado, tomato, lettuce, mustard sandwich on whole wheat bread Orange wedges Carrot and celery sticks	One Pot Vegetable Stew** (make extra beans for next day's meals) WG bread Cinnamon Baked Golden's*
Day 4	Veggie omelet with peppers, mushrooms Whole wheat toast Orange wedges	Bean and vegetable burrito (use beans from day 3) on WG tortilla Salsa Sliced peaches	Turkey and bean Chili** with Corn Bread Green salad Soy milk (unsweetened)
Day 5	Oatmeal with cinnamon, apples and chopped nuts	Tacos (use ground turkey from day 4) Side Salad	Sautéed tofu with carrots, snow peas and brown rice or noodles Watermelon wedges

*See recipes in "Everyday Healthy Meals" cookbook.

**See recipes in "Soulful Recipes" cookbook.



Healthy Living
...for life!
Nutrition Services • Alameda County Public Health Department

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