

7-Day Omnivorous Menu for Less Than \$50 a Week

- Energy needs vary from person to person. Most college students will need at least this much food, but feel free to adjust quantities listed to meet your needs.
- The menu is omnivorous—it includes all kinds of foods—and is as balanced as possible. A vegetarian menu could be just as affordable and nutritious. If you follow a plant based diet, refer to our 7-Day Vegetarian Menu for Less Than \$50 a Week.
- Do you have limited access to enough safe, nutritious food? The U.C. Berkeley Basic Needs Food Security webpage has information about resources available on campus and in the community that can help: <http://basicneeds.berkeley.edu/resources>

One Week Menu

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	2 cups cooked oatmeal with 1 tablespoons peanut butter 1 cup calcium fortified almond milk <i>Optional:</i> <i>½ chopped apple, dash of cinnamon</i>	Smoothie: blend together one sliced, frozen banana + 1 cup yogurt + 1 cup calcium fortified almond milk + dash of cinnamon, if available	1 boiled egg + 1 cup cooked pinto beans on 2 tortillas <i>Optional:</i> <i>Add 1 diced roma tomato + dash of dried basil</i>	2 cups cereal + 1 cup milk <i>Optional:</i> <i>1 orange</i>	2 cups cooked oatmeal with 1 tablespoon peanut butter 1 cup calcium fortified almond milk <i>Optional:</i> <i>½ chopped apple, dash of cinnamon</i>	2 cups cereal + 1 cup milk <i>Optional:</i> <i>1 orange</i>	2 slices of toast with 2 tablespoons peanut butter 1 cup milk <i>Optional:</i> <i>½ sliced apple</i>
Lunch	1 can of tuna* mixed with 2 tablespoons mayo on 2 slices of bread <i>Optional:</i> <i>½ cup mixed greens + salt and pepper to taste</i> <i>½ apple</i>	6 ounces leftover chicken and 1 cup vegetable rice pilaf 1 carrot cut into sticks	6 ounces leftover chicken, chopped and mixed with 2 tablespoons mayo on 2 slices bread 1 carrot cut into sticks	1.5 cup cooked pinto beans with 2 cups cooked rice 1 cup calcium fortified almond milk <i>Optional:</i> <i>1 diced roma tomato</i>	4 tablespoons peanut butter + 1 sliced banana on 2 slices bread 1 carrot cut into sticks	1 can tuna* or chicken mixed with 2 tablespoons mayo rolled in 2 tortillas. Add salt and pepper to taste. 1 cup yogurt <i>Optional:</i> <i>Add ½ cup mixed greens</i>	2 tortillas + 1 cup pinto beans + sautéed ½ onion in 2 tsp oil 1 cup calcium fortified almond milk <i>Optional:</i> <i>Add ½ bell pepper, sautéed 1 fresh orange</i>

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Snack	1 banana + 1 cup milk	1 cup cereal + 1 cup milk	2 slices toast with 2 teaspoons butter	1 tortilla + 2 tablespoons peanut butter	1 cup yogurt + 1 chopped apple	2 slices toast with 2 tablespoons peanut butter	PB-banana smoothie (blend together one sliced, frozen banana +1 cup milk + 2 tablespoons PB + dash of cinnamon)
Dinner	6 ounces baked chicken** + 2 cups vegetable rice pilaf	1.5 cup cooked pinto beans** and 2 cups cooked rice + ¼ sautéed onion in 2 teaspoons oil <i>Optional:</i> ½ bell pepper	2 cups leftover rice (reheated) + ½ cup mixed vegetables sautéed in 3 teaspoons oil, then add soy sauce and sprinkle of sesame oil (if available) before serving. 1 cup calcium fortified almond milk <i>Optional: Add garlic or garlic powder and onion</i>	2 egg broccoli omelet made with 3 teaspoons oil, ½ cup chopped steamed broccoli, + 1 cup cooked Rice <i>Optional:</i> <i>Add ½ bell pepper to omelet</i>	6 ounces baked chicken + 1 cup cooked rice + ½ cup sautéed broccoli in 3 teaspoons oil 1 cup calcium fortified almond milk <i>Optional:</i> <i>Add ½ bell pepper to stir fry</i>	1 cup cooked rice made with 1/4 chopped onion and 1 chopped carrot + 3 teaspoons oil + 1 cup pinto beans	6 ounces baked chicken + ½ cup cooked rice + ½ cup steamed chopped broccoli + 1 sweet potato
Snack	1 slices of toast + 1 teaspoons butter <i>Optional:</i> <i>Handful of sugar snap peas</i>	Banana + 2 tablespoons peanut butter	1 cup cereal + 1 cup milk	Sliced apple + 2 tablespoons peanut butter	2 slices toast + 2 tablespoons peanut butter	1 cup warm milk + 1 tortilla + 2 tablespoons peanut butter <i>Optional:</i> <i>Handful of sugar snap peas</i>	2 slices toast + 2 teaspoons butter

*For anyone who is pregnant, may become pregnant, or is breastfeeding, refer to this website for safe, low Mercury seafood options while pregnant and breastfeeding: <https://www.fda.gov/Food/ResourcesForYou/Consumers/ucm393070.htm>

**Refer to cooking instructions, included below

Meal Prep

Do the following meal prep to save time. If you would like to do more prep all at once, you can also do more of the prepping on days 1 or 2:

Day 1:

- Peel, slice, and freeze 2 bananas to use in smoothies later.
- Rinse beans and cover in water to soak overnight in refrigerator.
- Make juice from concentrate.
- Cut 3 carrots into sticks, store in fridge.
- Consider storing bread in freezer to prevent staling.
- Bake the chicken, then freeze half for meals later in the week. For instructions on how to bake a chicken, refer to page 121 on this link: <https://cookbooks.leannebrown.com/good-and-cheap.pdf>
- Prepare the rice pilaf: Heat 1.5 tablespoons oil over medium-high heat, sauté ½ chopped onion in oil until soft, add 1 cup rice and sauté for one minute more. Add 2 cups water, cover, and cook until water is absorbed. Add 1/2 cup frozen vegetables for 4 minutes at the end of cooking until heated through.

Day 2:

- Cook pre-soaked beans, freeze 2 cups for meals on Day 5 and 6 and refrigerating remaining leftovers. For instructions on how to cook beans, refer to page 145 of this cookbook: <https://cookbooks.leannebrown.com/good-and-cheap.pdf>
- Make 4 cups cooked rice (start with 1½ cups dry rice) for dinner today and leftovers for dinner tomorrow.

Day 4:

- Make 3.5 cups cooked rice for meals today and tomorrow (start with 1¼ cup dry rice).

Day 6:

- Make 2 cup cooked rice for meals today and tomorrow (start with ½ cup dry rice).

Shopping list

Note that costs are for *portions used in the menu*; your up-front cost will be higher if you purchase all items on the list as packaged.

Ingredient	Portion used in menu	Average Cost at Local Markets*
Bread, whole wheat, 1 loaf	17 ounces/slices	\$2.07 for 17 slices
Rice, white, small bag (brown rice is slightly more nutritious but takes longer to cook)	32 ounces	\$3.14 for 32 ounces
Oatmeal, regular, small container	11 ounces	\$1.76 for 18 ounces
Cereal, whole grain, 1 box	6 cups (10.8 ounces)	\$2.29 for 6 cups
Tortillas, whole wheat, burrito size	8 tortillas	\$4.00 for 8
Pinto beans, dry, small bag	All (6 cups cooked)	\$2.51 for 16 ounces
Chicken, whole	All (~30 ounces cooked chicken)	\$7.32 for 3.5 Lbs

Peanut butter, small jar	22 tablespoons	\$1.90 for 22 tablespoons
Tuna, canned in oil	2 cans (10 oz)	\$3.04 for 2 cans
Eggs	3 eggs	\$0.64 for 3
Oil	17 teaspoons	\$0.24 for 17 tsp (or ~2.8 Fl. Oz.)
Butter	5 teaspoons or 0.1 oz	\$0.30 for 5 tsp
Mayonnaise	3 ounces or 6 tablespoons	\$0.35 for 3 ounces
Apples	0.5 lb or 2 small	\$0.66 for 0.5 pound
Bananas	5	\$1.18 for 5
Almond milk	7 cups or 56 fluid ounces	\$3.33 for 7 cups
Sweet potato	1	\$0.94 for one
Broccoli	1.5 cups (~9.3 ounces)	\$1.68 for 1.5 cups
Carrots	4	\$0.62 for 4
Onion	1.5	\$0.77 for 1.5
Mixed vegetables, small bag	1 cup (~2.3 oz.)	\$1.13 for 8 ounces
Yogurt, 24 ounce tub	All	\$2.49 for 24 ounces
Milk, 1%, ½ gallon	8 cups or ½ gallon	\$1.78 for ½ gallon
Total Food Cost		\$43.99 (\$6.26/day)
Optional Additions		
Apples	0.5 lb or 2 small	\$0.66 for 0.5 pound
Mixed leafy greens	1 cup or 1.3 ounces	\$0.80 for 1 cup
Bell pepper	2	\$2.49 for 2
Roma tomatoes	2 or ~¼ pound	\$0.58 for 2
Sugar snap peas	2 cups or 4.5 ounces	\$1.15 for 2 cups
Oranges	3	\$3.42 for 3
Total Food Cost with optional foods included		\$53.08 (\$7.58/day)

Prices obtained from <https://shop.safeway.com/home.html> and as advertised in-store at Berkeley Trader Joe's in November and December, 2018.

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