

7-Day Vegetarian 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 lacto-ovo vegetarian – that means it does not include meat, poultry or fish, but does include milk and egg products, and is as balanced as possible. If you follow an omnivorous eating pattern, refer to our 7-Day Omnivorous 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 2 tablespoons peanut butter with cinnamon (if available) 1 cup milk <i>Optional: ½ chopped banana</i>	Smoothie: blend together one sliced, frozen banana + 1 cup yogurt + 1 cup calcium fortified almond milk	1 fried egg + 1 cup cooked pinto beans on 2 tortillas <i>Optional: 1 diced roma tomato</i>	2 cups cereal + 1 cup milk <i>Optional: 1 orange</i>	2 cups cooked oatmeal with 2 tablespoons peanut butter with cinnamon (if available) 1 cup milk <i>Optional: ½ chopped apple</i>	2 cups cereal + 1 cup milk <i>Optional: 1 orange</i>	2 slices of toast with 2 tablespoons peanut butter 1 hard-boiled egg 1 cup milk <i>Optional: ½ sliced apple</i>
Lunch	2 tablespoons mayo, 2 sliced hard boiled eggs on 2 slices of bread 1 apple <i>Optional: ½ cup mixed greens</i>	½ package tempeh, stir fried plus 1 cup vegetable rice pilaf 1 carrot cut into sticks	4 tablespoons peanut butter + 1 sliced banana on 2 slices bread 1 carrot cut into sticks	1.5 cup cooked pinto beans with 2 cups cooked rice <i>Optional: Add 1 diced roma tomato + handful mixed greens</i>	Mixed green salad with ¼ cucumber, 1 slivered hard-boiled egg, 1 carrot (sliced), 1 cup mixed greens and salad dressing (2 tsp drizzled oil, optional: salt, pepper, and lemon or lime juice) +	2 slivered hard boiled eggs with 2 tablespoons mayo rolled in 2 tortillas 1 cup yogurt <i>Optional: Add ½ cup cooked mixed greens</i>	2 tortillas + 1 cup pinto beans + sautéed ½ onion in 2 tsp oil 1 cup calcium fortified almond milk <i>Optional: 1 fresh orange, ½ sautéed bell pepper</i>

					1 slice bread + 2 tbsp peanut butter on the side		
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Snack	1 banana + 1 cup cottage cheese	1 cup cereal + 1 cup milk	1 cup yogurt + 1 chopped apple	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 peanut butter), dash cinnamon if available
Dinner	½ package tofu (~7 oz.), stir fried + 2 cups vegetable rice pilaf	1.5 cup cooked pinto beans*, ½ sautéed onion in 2 tsp oil, and 2 cups cooked rice <i>Optional: Add ½ sautéed bell pepper</i>	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. Optional: Add garlic or garlic powder and onion 1 cup calcium fortified almond milk	2 egg broccoli omelet made with 3 teaspoons oil and ½ cup chopped steamed broccoli + 1 cup cooked rice	½ package tempeh, stir fried + 1 cup cooked rice + ½ cup sautéed broccoli in 3 teaspoons oil 1 cup milk <i>Optional: Add ½ bell pepper</i>	1 cup cooked rice made with ½ chopped onion and 1 chopped carrot + 2 teaspoons oil + 1 cup pinto beans 1 cup calcium fortified almond milk	½ package tofu (~7 oz.), stir fried + ½ cup cooked rice + ½ cup steamed chopped broccoli 1 sweet potato 1 cup milk
Snack	2 slices of toast + 2 teaspoons butter <i>Optional: Handful of sugar snap peas</i>	Banana + 1 cup cottage cheese	1 cup cereal + 1 cup milk	Sliced apple + 2 tablespoons peanut butter	1 cup cottage cheese + ½ sliced apple	1 cup cottage cheese + handful of sugar snap peas	1 tortilla with 2 teaspoons peanut butter

**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.
- Make 6 boiled eggs, store in refrigerator for later in the week.
- 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.

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 link: <https://cookbooks.leannebrown.com/good-and-cheap.pdf>
- Make 4 cups cooked rice (start with 1⅓ 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	11 ounces/slices	\$1.43 for 11 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 11 ounces
Cereal, whole grain, 1 box	6 cups (10.8 ounces)	\$2.29 for 6 cups
Tortillas, whole wheat, burrito size	8 tortillas	\$4 for 8
Pinto beans, dry, small bag or canned beans	All (6 cups cooked)	\$2.51 for 6 cups
Tempeh	8 ounce	\$1.99 for one 8 Oz package
Peanut butter, small jar	22 tablespoons	\$1.90 for 22 tablespoons

Tofu	14 ounces	\$1.45 for 14 ounces
Eggs	9 eggs	\$1.91 for 9
Oil	19 teaspoons (or 3.17 fluid ounces)	\$0.27 or 19 tsp
Butter	2 tsp or .04 ounces	\$0.01 for 2 tsp
Mayonnaise	4 tablespoons or ~2.12 ounces	\$0.24 for 4 tablespoons
Apples, 1.25 lb or 5 small	5 small or 1.25 pound	\$1.64 for 5 small
Bananas	5	\$1.10 for 5
Almond milk, calcium fortified, unsweetened	4 cups (or 32 fl. oz.)	\$1.92 for 4 cups
Sweet potato	1	\$0.94 each
Broccoli	1.5 cups (~9.3 ounces)	\$1.68 for 1.5 cups
Carrots, whole	4 individual	\$0.62 for 4 carrots
Onions	2	\$1.02 for 2
Mixed stir-fry vegetables	1 cup (~2.3 oz.)	\$1.13 for 8 ounces
Yogurt, 32 ounce tub	4 cups (~35 oz.)	\$3.85 for 4 cups
Milk, 1%, 1 gallon	10 cups (.63 gallon)	\$2.22 for 10 cups
Cottage cheese, fat-free	4 cups (~32 ounces)	\$4.34 per container
Mixed leafy greens	1 cup or 1.3 ounces	\$0.80 for 1 cup
Cucumber	¼ cucumber	\$0.38 for ¼
Total Food Cost		\$44.52 (\$6.36/day)
Optional Additions		
Bell pepper	1.5	\$1.87 for 1.5
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		\$51.53 (\$7.36/day)

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

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