

Meals maker



7-DAY BUDGET-FRIENDLY DIET PLAN

WEEK 1

THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

SPECIAL NOTES: (PLEASE READ)

NOTE 1: Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

NOTE 2: Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



Meals maker

DAY 1

Breakfast:

**HAM AND CHEESE
SCRAMBLE**

Lunch:

GNOCCHI AND ZUCCHINI

Dinner:

**SALMON, BUTTER BEANS
AND CARROTS**

DAY 2

Breakfast:

QUICK OATS

Lunch:

**HERB CHICKEN WITH
SNAP PEAS**

Dinner:

LOADED POTATO

DAY 3

Breakfast:

**SCRAMBLED EGGS
TOPPED W/ SPICY SALSA**

Lunch:

**SPICY TOFU AND GREEN
BEANS**

Dinner:

**PORK CHOPS WITH
CARROTS**

DAY 4

Breakfast:

FRIED EGG AND BEANS

Lunch:

**PAPRIKA SHRIMP AND
GREEN BEANS**

Dinner:

BEEF AND BROCCOLI

DAY 5

Breakfast:

**FETA CHEESE AND
TOMATO OMELET**

Lunch:

**CORN AND BEAN SALAD
TOPPED W/ FETA CHEESE**

Dinner:

CHICKEN AND EGGPLANT

DAY 6

Breakfast:

APPLE OATMEAL

Lunch:

CHEESY TOMATO PASTA

Dinner:

SALMON AND PASTA

DAY 7

Breakfast:

HAM OMELET

Lunch:

CHICKPEA STIR FRY

Dinner:

**PENNE PASTA, TOFU AND
BROCCOLI**

WEEKLY Notes



HAM AND CHEESE SCRAMBLE

Prep Time: 10 min.

Cook Time: 8 min.

Total Time: 18 min.

Ingredients:

1 cup of ham, chopped
3 eggs
¼ cup of shredded Cheddar cheese
Olive oil
Salt
Pepper
1 tbsp. of dried oregano

Instructions:

1. Break the eggs into a small bowl, season with salt, pepper, and dried oregano. Whisk to combine and set to the side.
2. Grease a medium-sized skillet with olive oil and turn to medium heat. Add the ham cover and cook for 3 minutes. Make sure to stir.
3. Then pour in the eggs, scramble to combine and cook for 3 minutes. Make sure to stir often to avoid burning or sticking of the eggs.
4. Layer on the cheese, lower the heat and allow cooking for 2 minutes, or until the cheese is melted.
5. Once done, remove from heat and transfer to a serving plate.





**SUBSCRIBE TO VIEW ALL
21 MEAL RECIPES**



WEEK 1

NECESSARY STAPLES



Day 1 Breakfast:

Olive oil
Salt
Pepper
1 tbsp. of dried oregano

Day 1 Lunch:

Olive oil
Salt
Pepper
1 tbsp. nutmeg

Day 1 Dinner:

Olive oil
Salt
Pepper
1 tbsp. paprika powder
1 tbsp. dried oregano, fish
1 tbsp. dried oregano, butter beans

Day 2 Breakfast:

¼ cup of raisins, topping
1 tbsp. cinnamon powder, topping

Day 2 Lunch:

Olive oil
Salt
Pepper
1 tbsp. paprika powder

Day 2 Dinner:

Olive oil
Salt
Pepper
1 tbsp. dried oregano

Day 3 Breakfast:

Olive oil
Salt
Pepper

Day 3 Lunch:

Olive oil
Salt
Pepper
1 tbsp. chili powder
1 tbsp. red pepper flakes
3 tbsp. soy sauce
Sriracha hot sauce, garnish

Day 3 Dinner:

Olive oil
Salt
Pepper
1 tbsp. dried oregano

Day 4 Breakfast:

Olive oil
Salt

Pepper
1 tbsp. paprika powder
½ tbsp. dried oregano, garnish
Hot sauce, garnish

Day 4 Lunch:

Olive oil
Salt
Pepper
2 tbsp. paprika powder

Day 4 Dinner:

Olive oil
Salt
Pepper
3 tbsp. soy sauce

Day 5 Breakfast:

Olive oil
Salt
Pepper
1
1

Day 5 Dinner:

Olive oil

Day 7 Breakfast:

Olive oil
Salt
Pepper
1 tbsp. paprika powder

Day 7 Lunch:

Olive oil
Salt
¼ cup of soy sauce
½ tbsp. red pepper flakes
2 tbsp. cornstarch
2 tbsp. Sriracha

Day 7 Dinner:

Olive oil
Salt
Pepper
1 tbsp. paprika powder
2 tbsp. cornstarch



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Day 6 Lunch:

Olive oil
Salt
Pepper
1 tbsp. red pepper flakes, garnish

Day 6 Dinner:

Olive oil
Salt
Pepper
¼ tbsp. dried oregano, garnish



WEEK 1 GROCERY LIST

Produce

- 1 apple
- 1 jalapeño pepper
- 1 red onion
- 2 onions
- 1 zucchini
- 1 large egg plant
- 1 cucumber
- 1 large piece of ginger
- 1 large garlic head
- 2 bell peppers
- 2 lemons
- 2 limes
- 2 large potatoes
- 5 tomatoes
- 1 container or bunch of fresh parsley
- 1 container of chives
- 1 bag of carrots
- 1 small bag of snap peas
- 1 bag of green beans
- 1 large bag of broccoli florets or 1 large head of broccoli

Refrigerated:

- 12 eggs
- 1 bag of shredded cheddar cheese
- 1 block of feta cheese
- 1 block of tofu

Seafood:

- 2 salmon filets
- ¼ lb. of shrimp, peeled and washed

Meat & Poultry:

- 1 small container of ham
- 4 chicken cutlets
- 1 pork chops
- ¼ lb. of steak, cut of choice

Frozen:

- 1 bag of frozen pineapple chunks

Canned & Packaged:

- 1 container of oatmeal
- 1 container of parmesan

cheese

- 1 large glass of artichoke hearts
- 1 bottle of Sriracha hot sauce
- 1 bottle of soy sauce
- 1 container of raisins
- 1 box of chicken broth
- 1 bag of Gnocchi
- 1 bag of Penne pasta
- 1 can of butter beans
- 1 can of beans
- 1 can of corn
- 1 can of green beans
- and 1 can of dried
- 2 cans of black beans

Miscellaneous:

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- T
- L
- S
- B
- M



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