

# The Budget-Friendly Multiple Choice Meal Plan

**How It Works:** Fill in each category with your go-to meals. When you meal plan, cross out anything you've had recently, then circle one meal from each category. Want to try something new? Just write it in!

## On-Sale Protein:

1. **Oven-Baked Chicken**  
*with roasted vegetable*
2. **Ground beef/turkey tacos**  
*with rice & tomatoes*
3. **Spaghetti & bolognese**  
*with broccoli or peas*
4. **Honey Mustard or BBQ Pork**  
*with potatoes & green beans*

## Beans:

1. **Red Beans & Rice**  
*with fruit*
2. **Pasta e Ceci**  
*with fruit*
3. **Black Bean burrito bowls**  
*with tomatoes, corn & bell pepper*

## Pantry Protein

1. **Salmon Cakes**  
*with cabbage slaw & fruit*
2. **Tuna or egg salad sandwiches**  
*with fruit; green beans*
3. **Tofu stir-fry**  
*with fruit*
4. **Tuna & white bean pasta**  
*with fruit & green beans*

## Eggs

1. **Fried Rice (with scrambled egg)**  
*with fruit*
2. **Spinach or broccoli Quiche**  
*with fruit & tomatoes*
3. **Omelettes or scramble**  
*with potatoes & fruit*

## Soup

1. **Tomato Soup**  
*\*blend in white beans for protein  
with grilled cheese*
2. **Chicken Noodle Soup**  
*with fruit*
3. **Tomato-Veggie Soup**  
*with biscuits or cheese toast*
4. **Bean Chili**  
*with sour cream & tomatoes*

## Fun Night:

1. **Bean & Veggie Quesadillas**  
*with fruit*
2. **Make-Your-Own Pizza**  
*\*Make traditional pizza or use up  
leftovers*
3. **Breakfast for Dinner**  
*Pancakes, breakfast tacos, or  
egg-in-a-hole with fruit*

## No-Cook/Ready-To-Eat:

1. **Veggie Wraps**  
*with fruit and cheese or yogurt*
2. **Salad**  
*with yogurt or cheese and fruit*
3. **Smoothies**  
*\*use leftover/frozen fruit & veggies*

