

*The 3 P's of Eating Healthy...on a Budget*

**SAMPLE HEALTHY MEAL PLANNER**

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Day 1</b>	Oatmeal with raisins Hard boiled egg Sliced Pear(canned, frozen or seasonal fruit) Milk	Tuna salad sandwich on whole wheat bread  Bananas and berries (or seasonal fruit)	<b>Roast chicken (make 2 for next day)</b> <b>Oven baked potatoes and carrots</b> <b>(Bake extra potatoes for next day)</b> <b>Savory Greens*</b>
<b>Day 2</b>	Scrambled eggs Potato wedges* (from dinner) Tangerine (or seasonal fruit)	<b>Chicken salad on lettuce</b> <b>Baked crackers</b> <b>Apple slices (or seasonal fruit)</b>	<b>Vegetable Chicken Enchiladas*</b> <b>Green beans</b> <b>Peach Crumble*</b>
<b>Day 3</b>	Banana Berry Pancakes* String cheese Milk	Tuna apple pita pocket Orange wedges (or seasonal fruit) Carrot and celery sticks	Red beans and rice (make extra for next day's meals) Spinach salad Cinnamon Baked Golden* 
<b>Day 4</b>	Veggie omelet with peppers, mushrooms Whole wheat toast Orange wedges	Bean and cheese burrito (use beans from dinner)  Fresh Salsa*  Sliced peaches (canned, frozen or seasonal fruit)	Easy Turkey Skillet Dinner*  Whole wheat noodles  Green salad  Soy milk
<b>Day 5</b>	Oatmeal with berries (seasonal fruit) String cheese Apple slices	Tacos (use ground turkey from dinner)  Corn and Green Chili Salad*	Pasta with canned salmon and broccoli  Spinach salad with apples and raisins

\*See recipes in "Everyday Healthy Meals" cookbook.



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For information on obesity prevention or food stamps, call 1-888-328-3483. Funded by the USDA's Food Stamp Program, an equal opportunity provider and employment.