

Simple, Budget Friendly 7-Day Meal Plan & Grocery List

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Shopping for healthy food on a budget can seem intimidating but there are ways to make it work. Most healthy meals just require a few simple ingredients and take a very short time to make. This 7 day meal plan is based on 1-2 people so adjust the amounts accordingly to feed more people.

All of the items are Advanced & Core Plan Approved
Grocery List

1 pound antibiotic free ground turkey	Org. red pepper, org green pepper
1 pound grass fed beef	1 avocado
2 pounds organic chicken	Head of broccoli
2 dozen eggs (hormone/antibiotic free)	1 large onion
1 cans org. black beans	½ lb deli turkey (organic, free range)
1 bag coconut flakes	Fresh org. strawberries
2 cans coconut milk	Romaine Lettuce
1 box organic butter	Small bag walnuts
1 jar almond butter	Small bag cashews
1 head org. kale	1 container hummus
1 bag org spinach	1 can org. crushed tomatoes
1 can org. diced tomatoes	1 quart organic chicken broth
2 org. Granny smith apples	
1 cucumber	

Try to buy 1 item you can get a lot of uses out of per week (so it doesn't get too expensive in one grocery store visit)

Ex: one week buy butter, the next olive oil, the next coconut oil

This way you can stock up and not need to buy them for a while after your first get them

7 Day – Meal Plan

Monday

Breakfast – 2 eggs scrambled in butter over a bed of spinach

Snack – Handful of cashews and coconut flakes (unsweetened)

Lunch – Salad- kale, ½ cucumber, red pepper, black beans, olive oil, balsamic or apple cider vinegar

Dinner – Turkey burger w/ steamed broccoli

Use half of your turkey, mix in desired spices (curry and cumin are really good) and create 2 patties- cook in butter or coconut oil

Steam broccoli for 3 minutes

Tuesday

Breakfast – Smoothie- 1 spoonful almond butter, handful frozen berries, spinach, coconut milk- add as much until you like the consistency

Snack – Granny Smith Apple with almond butter

Lunch – Leftover turkey burger with a salad

Dinner – Chicken with black beans and onions

Chop 1/3 of your onion and cook in down in butter, cook chicken (chop into chunks for quicker cooking) in same pan, heat black beans (you can add spices. Eat with kale or spinach

Wednesday

Breakfast – 2 eggs scrambled and cooked in butter over a bed of spinach. Add onions cooked in butter or avocado to the top of eggs for some variety

Snack – Handful of coconut flakes

Lunch – Left over chicken with salad

Dinner – Tex Mex over kale with avocado

Put grass fed beef and the rest of the ground turkey in pan and cook through. Chop 1/3 onion, ½ green pepper, 1 clove garlic- sauté in butter for 3-5 minutes. Drain meat if necessary- add meat to veggies- add 1 can drained black beans and ½- 1 can tomatoes (depends how much liquid you want in there). Season with cumin and paprika.

Thursday

Breakfast – Smoothie- 1 spoonful almond butter, handful frozen berries, coconut milk- add as much until you like the consistency

Snack – Apple with almond butter

Lunch – Left over Tex Mex with kale

Dinner – Curry Chicken – Cut up chicken and cook in butter. Add in chopped up onions, peppers and broccoli. Add in ½-1 can coconut milk and add spices (red curry or yellow curry)

Friday

Breakfast – Smoothie- 1 spoonful almond butter, handful frozen berries, coconut milk- add as much until you like the consistency

Snack – Handful of coconut flakes

Lunch – Salad with left over curry chicken

Dinner – 2 eggs scrambled in butter over a bed of spinach. Add onions cooked in butter or avocado to the top of eggs for some variety

Saturday

Breakfast – 2 spoonfuls almond butter w/ sliced strawberries, coconut milk poured over and sprinkled with stevia

Snack – Hard boiled egg

Lunch – Berry Salad – Romaine with chopped strawberries, walnuts, deli turkey (roll and then slice), poppy seeds (optional), olive oil, balsamic vinegar

Dinner – Quiche – chop deli turkey and any veggies you like. Whip 6-8 eggs, add sea salt and pepper and veggies. Butter a round baking dish, pour egg mixture in and bake at 350 degrees for about 20 minutes or until a toothpick comes out clean.

Sunday

Breakfast – Veggie Omelet – scramble eggs but don't stir. Let set underneath and carefully flip over. Fill with desired filling and fold the egg over and slide on to a plate

Snack – Hummus with sliced veggies

Lunch – Leftover Quiche and/or Lettuce wrap – spread hummus on lettuce leaves with turkey slices and any other desired toppings

Dinner – Beef Veggie Soup.- brown the remaining ½ lb ground beef. Add salt (about 1 tsp), pepper, and ½ tsp chili powder. Pour in undrained tomatoes, chicken broth, and any veggies you want. Simmer for 10-15 minutes.