

■ \$100 Weekly Meal Plan + Grocery List

A simple, budget-friendly 7-day meal plan to keep your grocery bill around \$100 per week. Includes breakfasts, lunches, dinners, snacks, and a complete grocery list.

Breakfasts (approx. \$20)

- Oatmeal with banana + peanut butter
- Scrambled eggs with toast
- Yogurt with frozen berries
- Smoothie (spinach, banana, protein powder if available)
- Homemade breakfast burrito (eggs, beans, salsa)

Lunches (approx. \$25)

- Turkey or chicken sandwiches with carrot sticks
- Leftovers from dinner
- Tuna salad with crackers
- Egg salad wraps
- Rice + beans with salsa + avocado

Dinners (approx. \$45)

- Monday: Spaghetti with marinara + side salad
- Tuesday: Chicken stir-fry with rice and veggies
- Wednesday: Bean + veggie chili with cornbread
- Thursday: Tacos with ground turkey, beans, and toppings
- Friday: Baked chicken thighs + roasted potatoes + green beans
- Saturday: Homemade pizza night (using tortillas or dough)
- Sunday: Slow cooker soup with bread

Snacks (approx. \$10)

- Popcorn - Apples + peanut butter
- Cheese sticks - Homemade granola bars



■ Grocery List for \$100 Budget

Category	Items
Proteins	chicken thighs, ground turkey, tuna, eggs
Grains	rice, pasta, oats, tortillas, bread
Beans/Legumes	black beans, pinto beans, lentils
Veggies	frozen mixed veggies, carrots, spinach, potatoes, onions, bell peppers
Fruits	bananas, apples, frozen berries
Dairy	milk, yogurt, cheese
Pantry Staples	peanut butter, salsa, marinara sauce, spices, oil



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