Healthy Helpings!

Affordable meal ideas from Woodland

(Around or under $10)

Monday:
1. Grilled Salmon – rich source of omega-3 fats for brain health (A Cut Above *only available at dinner): $6.19
2. Side of Steamed Broccoli – high in iron and vitamin K (A Cut Above): $1.89
3. 1 Grapefruit – (50-60 calories and 13g carbs, and loads of antioxidants such as lycopene!): $1.19
4. Chocolate Milk – one of the best post-workout (or post-study) recovery drinks!: $0.89
   TOTAL: $10.50

Tuesday:
1. Rotisserie Chicken, Leg – high in iron and 10g. quality protein (A Cut Above): $1.99
2. Quinoa (gluten free grain / high protein!) & Bean Bowl topped with Corn, Diced Tomato and Mango Salsa (Caliente) $5.69
3. Fresh Carrot Juice (rich in multiple nutrients such as Vit. A for eyesight, Vit. E, C, and Vit. B!), 8 oz. (Bloomingberry): $2.59
4. Carton Vanilla Yogurt: $1.69
   TOTAL: ~$12

Wednesday:
2. Baked Sweet Potato – eat the skin for more fiber and nutrition! (A Cut Above): $1.89 ...instead of fries!
3. 8 oz. SILK Soymilk – fortified with B-vitamins for skin and cell health (The Round or Clubhouse): $2.99
   TOTAL: $11.07

Thursday:
1. Small Bowl of Pasta with Pesto Sauce (no add-ins)...rich in complex carbs to fuel your brain! (Mangia): $3.59
2. Grilled Summer Squash – high in cancer-fighting beta-carotene and Vitamin C (A Cut Above): $1.89
3. 5 oz. Vanilla frozen yogurt (<200 calories and high in probiotics!) with fresh fruit toppings (Bloomingberry): $5.09
   TOTAL: $10.57

Friday:
1. Herbed Turkey Roast Mini Sandwich (A Cut Above) *only available at lunch: $6.19
2. Side of Black Beans..lots of bang for your buck!! ..rich in fiber and protein to fill you up! (Caliente): $1.49
3. Orange (rich in immune-boosting Vitamin C): $1.19
4. Milk (high in calcium for healthy bone structure): $0.89
   TOTAL: $9.76

Saturday:
1. Vegetable Ramen (Fusion): $8.19 *Add tofu as your protein!
2. 1 Apple (rich in fiber..17% of your daily fiber needs!): $1.19
3. Milk (high in calcium for healthy bone structure): $0.89
   TOTAL: $10.27

Sunday Brunch:
1. 2 scrambled eggs (high in protein for muscle strength, and zinc and lutein for healthy eyes!) with wheat toast (The Club House): $1.99
2. Small 6.5 oz. self-created salad bowl w/spinach, topped with extra-virgin olive oil (Romaine): est $3.84 ($0.59/per oz)
3. 8 oz. SILK Soymilk (The Round or Clubhouse): $2.99
4. 1 banana (3 grams of fiber and high in potassium, an essential nutrient for heart health!): $1.19
   TOTAL: $10.00