**Healthy Helpings: Dietitian’s Picks**

**Affordable meal ideas from Wright Food Court!!**

(Around or under $10)

**Monday:**
1. Carved Meat w/2 sides (brown rice and a veggie) meet your protein, grain, and vegetable requirements! (Farmer’s Table): $7.59
2. 1 orange (immune-boosting!): $1.19
3. Cup of Chocolate Milk – one of the best post-workout (or post-study) fuel and recovery drinks!: $0.89

**Total: ~ $10**

**Tuesday:**
1. Rotisserie Chicken Breast – high in iron and 10g. quality protein (Charley Biggs): $2.59
2. A small salad w/cucumber, pepper and carrots, tossed with Balsamic Vinegar and Olive Oil: approximately $3.23
3. 1 apple - rich in fiber..17% of your daily fiber needs!: $1.19
4. 8 oz. SILK Soymilk – fortified with B-vitamins for skin and cell health: $2.99

**Total: ~ $10.00**

**Wednesday**
1. Narmer Sub on Wheat (Turkey & Avocado sub) – lean meat, plenty vitamins and minerals, and healthy unsaturated fat (E&G): $5.59
2. Baked Sweet Potato – eat the skin for loads of additional nutrition...B6, fiber and protein! (Salad Bar): $1.89
3. Carton Vanilla Yogurt - high in probiotics (to promote healthy digestion/gut health) and calcium: $1.69
4. Small Orange juice: $1.59

**Total: ~$11**

**Thursday**
1. Grilled Cheese on Wheat Bread, or Beyond Burger (Flame Grill): $4-8
2. A steamed veggie side such as baby carrots, corn or peas (Farmer’s Table): $1.49
3. 1 banana - provides 3 grams of fiber and lots of potassium, essential for heart health!: $1.19
4. Cup of Milk - high in calcium for healthy bone structure: $0.89

**Total: $8-12**

**Friday**
1. Baked Chicken Breast with a side of Brown Rice- rich in protein (30g!!) and provides whole grain! (Farmer’s Table): $5.99
2. Caesar Salad (Amore): $2.99
3. 1 Grapefruit – 50-60 calories and 13g carbs, and loads of antioxidants such as lycopene!: $1.59
4. Cup of Milk - high in calcium for healthy bone structure: $0.89

**Total: ~$11**

**Saturday**
1. 3-Egg Veggie and Cheese Omelet with wheat toast (Flame Grill): $3.39
2. **Bowl of fresh cut fruit (berries, pineapple, melon) from salad bar (for fiber and antioxidants)! Approx. $3.62**
3. 8 oz. SILK Soymilk – fortified with B-vitamins for skin and cell health: $2.99

**Total: $10.00**

**Sunday**
1. Build your own burrito with Mexican rice, chicken, and guacamole..a heart-healthy fat (Bueno): $7.19
2. 1 orange: $1.19
3. Cup of Milk - high in calcium for healthy bone structure: $0.89

**Total: ~ $10**

*Contact Rachel Noirot, MS, RD – IU Dining Registered Dietitian with any questions (rnoirot@indiana.edu; 812-856-5851)*