

2024 One-Week Food Stamp Menu Planner - \$4.73 per day/\$33.10 per week (Metro Atlanta)

Breakfast		Lunch		Dinner		Daily Cost	Ave. Daily Cost	Week's Cost
Monday						\$	4.69	\$ 4.73 \$ 33.10
2 eggs	0.36	Bowl of soup	0.68	Baked (1/4) chicken	0.79			
2 strips turkey bacon	0.39	Wedge salad w/dressing	0.67	Green beans	0.19			
Wheat toast w/butter pat	0.05	Glass of milk (12 oz.)	0.24	Mashed potatoes	0.11			
Yogurt cup	0.49	1/2 apple	0.35	Slice of bread	0.05			
Glass of orange juice (8 oz.)	0.19	4 saltine crackers	0.05	Iced tea	0.08			
	1.48		1.99		1.22			
Tuesday						\$	4.50	
1/2 cup oatmeal	0.13	Sausage jambalaya w/baby carrots	0.72	Spaghetti w/meatballs	0.76			
1/2 banana or raisins	0.1	Salad w/dressing	0.35	Cup of soup	0.34			
Glass of milk (12 oz.)	0.24	Iced tea	0.08	Salad w/dressing	0.35			
1/2 grapefruit	0.59	Corn bread	0.16	Garlic bread	0.05			
2 oz. ham steak	0.55			Iced tea	0.08			
	1.61		1.31		1.58			
Wednesday						\$	4.64	
2 blueberry waffles w/syrup	0.46	1/2 quesadilla (peppers, onions, cheese, salsa)	0.9	Pizza (3 slices)	1.13			
2 eggs	0.36	Refried beans	0.3	Salad w/dressing	0.35			
2 strips turkey bacon	0.39	Yellow rice	0.2	Soda - 12 oz.	0.18			
Glass of orange juice (8 oz.)	0.19	Iced tea	0.08	1/2 banana	0.1			
	1.4		1.48		1.76			
Thursday						\$	4.87	
Ham, egg, cheese souffle	1.06	Bowl of soup	0.68	Jerk (1/4) chicken	0.94			
Yogurt cup	0.49	Grilled cheese sandwich	0.4	White rice	0.15			
Orange juice - 8 oz.	0.19	banana	0.21	Black beans	0.22			
Toast	0.05	Iced tea	0.08	Corn bread	0.16			
	1.79		1.37	Glass of milk - 12 oz.	0.24			
Friday						\$	4.70	
Bowl of cold cereal with milk	0.4	Red beans and rice w/chicken and baby carrots	0.65	Carnitas stew*	1.3			
1/2 banana	0.1	Fruit cup	0.62	2 tortillas	0.2			
Yogurt cup	0.49	Corn bread	0.16	Yellow rice	0.2			
Tomato juice - 8 oz.	0.5	Iced tea	0.08	Glass of water	0			
	1.49		1.51	*Pork, black beans, diced tomatoes	1.7			
Saturday						\$	4.90	
Tex-Mex omelet*	0.66	2 hot dogs, bread, ketchup/mustard	0.45	2 Chicken enchiladas*	1.55			
Refried beans	0.3	Potato chips	0.22	Black beans	0.22			
2 tortillas	0.2	Pickle	0.17	Yellow rice	0.2			
Tomato juice - 8 oz.	0.5	Baby carrots	0.17	Iced tea	0.08			
*2 eggs, cheese, salsa		Soda - 12 oz.	0.18	*Tortillas, chicken, cheese, picante sauce				
	1.66		1.19		2.05			
Sunday						\$	4.80	
2 fried eggs	0.36	Chicken and pasta	1.09	Franks and beans	0.73			
2 oz. ham steak	0.55	Salad	0.35	Cole slaw	0.5			
Glass of orange juice - 8 oz.	0.19	1/2 banana	0.11	Bread and butter	0.05			
Toast w/butter pat	0.05	Iced tea	0.08	Glass of milk - 12 oz.	0.24			
1/4 orange	0.19			Ice cream	0.31			
	1.34		1.63		1.83			

NOTE 1: I inflated many of the prices here by NOT using sale prices that regularly occur during the year. This meal plan also does not include all of the manager's specials, BOGOS, dented cans, closeouts, coupons, etc. that will occur every week. I do include some regular sale/discount/coupons prices I get on items every 4-6 weeks.

NOTE 2: The 8 oz. orange juice prices reflect 4 oz. of orange juice and 4 oz. of water. I cut my OJ in half with water to cut calories, sugar and cost. It tastes fine.

NOTE 3: These menu plans do not meet USDA guidelines for healthy eating. This is not a health food program; it's about affordable eating. As you get the hang of smart-shopping and cooking, you'll have more money left for more fruits and vegetables.