

FITLIFE HUB — STUDENT MEAL PLAN

Budget-Friendly Weekly Meal Plan for Students

Your guide to eating healthy on a college budget

WEEK 1 MEAL PLAN

MONDAY

Breakfast: Overnight oats with banana and peanut butter (300 cal)

- 1/2 cup rolled oats, 1/2 cup milk, 1 tbsp peanut butter, 1/2 banana

Lunch: Chicken and veggie wrap (450 cal)

- Whole wheat tortilla, 3oz grilled chicken, mixed veggies, hummus

Dinner: One-pot pasta with vegetables (500 cal)

- 1 cup whole grain pasta, mixed frozen vegetables, marinara sauce

Snack: Greek yogurt with berries (150 cal)

- 1/2 cup Greek yogurt, 1/4 cup mixed berries

TUESDAY

Breakfast: Scrambled eggs with toast (350 cal)

- 2 eggs, 1 slice whole grain toast, 1 tsp butter

Lunch: Quinoa salad with beans (400 cal)

- 1/2 cup quinoa, 1/4 cup black beans, diced vegetables, olive oil dressing

Dinner: Baked chicken with sweet potato and broccoli (550 cal)

- 4oz chicken breast, 1 medium sweet potato, 1 cup steamed broccoli

Snack: Apple with almonds (180 cal)

- 1 medium apple, 1oz almonds

GROCERY LIST (\$40–50 per week)

PROTEINS	GRAINS & CARBS	FRUITS & VEGETABLES
Eggs (1 dozen) Chicken breast (2 lbs) Canned tuna (2 cans) Greek yogurt (large container) Peanut butter Black beans (canned)	Rolled oats Whole grain bread (1 loaf) Quinoa (1 bag) Brown rice Whole grain pasta	Bananas (bunch) Apples (bag) Mixed berries (frozen) Sweet potatoes (3–4) Broccoli (frozen) Mixed vegetables (frozen)

MEAL PREP TIPS

Sunday Prep (2 hours):

- Cook quinoa and brown rice in bulk
- Wash and chop fresh vegetables
- Prepare overnight oats for 3 days
- Cook chicken breast for the week

Budget Tips:

- Buy seasonal produce
- Purchase protein in bulk and freeze portions
- Use store brands for pantry staples
- Plan meals around sales and discounts

FitLife Hub — Making wellness accessible for students

Columbia College CIS 230 Web Development Project

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