According to the output of my diet optimizing program using Pulp, my daily meal plan would be:

     Breakfast – 1 apple
     Snack – 1 bag of chips
     Lunch – 2.193 servings (4oz/serving) of chicken and .925 servings (1 cup/serving) of brown rice
     Dinner – 2 servings of chicken, 1 serving of brown rice, and one serving of spinach (1 cup/serving)

Although this diet is not the most exciting, it demonstrates how chicken and brown rice are practically all you need, if you don't care about carbohydrates. If you do care about carbs, I imagine substituting brown rice for more chicken, and a little bit of eggs in the morning would do the trick.

Food nutrients per serving and cost:

Food	Calories	Fat (g)	Sodium (mg)	Vitamin C (mg)	Vitamin A (mcg)	Protein (g)	Cost ($)
Apples (1)	65	0	0	5.7	20.25	0.3	0.5
Chicken (4oz)	328	4	512	0	0	17.6	.75
Brown rice (1 cup)	216	0.2	10	0	0	5	.5
Chips (1 oz)	137	2	210	9.5	20.27	2.2	1
Spinach (1 cup)	6.9	0	24	8.4	843.9	1	1

The **total cost** is $6.61 for us to get the required daily nutrients
Total Nutrients:
- Total Calories: 2000/2000
- Total Fat: 19/20
- Total Sodium: 2400/2400
- Total Vitamin C: 158/90
- Total Vitamin A: 884/700
- Total Protein: 87/56

Note: Vitamin C, Vitamin A, and Protein are all allowed to go over the recommended minimal amount.

All food nutrient information was found from: http://nutritiondata.self.com/
- Apples: http://nutritiondata.self.com/facts/fruits-and-fruit-juices/1809/2
- Chips: http://nutritiondata.self.com/facts/snacks/5363/2
- Spinach: http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2626/2
- Chicken: http://nutritiondata.self.com/facts/poultry-products/10046/2
- Brown rice: http://nutritiondata.self.com/facts/cereal-grains-and-pasta/5707/2