

# DonKats Meal Plan - 7 Day Summary

Budget: \$75

ZIP Code: 39503

Food Restrictions: peanuts

## 7-Day Meal Plan

### Sunday

Breakfast	Oatmeal w/ fruit	\$1.20
Lunch	Grilled Cheese	\$2.30
Dinner	Chicken Pasta	\$4.80

### Monday

Breakfast	Pancakes	\$1.50
Lunch	Turkey Wrap	\$2.70
Dinner	Beef Stir Fry	\$5.00

### Tuesday

Breakfast	Scrambled Eggs	\$1.40
Lunch	Chicken Salad	\$2.90
Dinner	Spaghetti	\$4.50

### Wednesday

Breakfast	Bagel & Cream Cheese	\$1.30
Lunch	Veggie Wrap	\$2.20
Dinner	Baked Chicken	\$5.20

### Thursday

Breakfast	Cereal & Milk	\$1.00
Lunch	Ham Sandwich	\$2.40
Dinner	Taco Night	\$4.80

### Friday

Breakfast	Waffles	\$1.50
Lunch	Quesadilla	\$2.60
Dinner	Fish & Rice	\$5.10

Saturday

Breakfast	French Toast	\$1.60
Lunch	PB&J Sandwich	\$1.80
Dinner	Homemade Pizza	\$5.50

Total Weekly Cost: \$61.30

Remaining Budget: \$13.70

# Shopping List

Item	Quantity	Brand	Total
Oatmeal	1 box	Quaker	\$1.20
Bread	2 loaves	Store Brand	\$4.00
Chicken Breast	3 lb	Tyson	\$8.97
Milk	1 gal	Great Value	\$3.50
Pasta	1 box	Barilla	\$1.00
Cheese	1 block	Kraft	\$2.50
Eggs	1 dozen	Eggland's Best	\$2.20
Wraps	6 pack	Mission	\$2.00
Cereal	1 box	Kellogg's	\$1.00
Pizza Dough	1 pack	Pillsbury	\$2.50

# Calorie Summary

Name	Age	Daily Cal.	Weekly Total
Dick	48	2200 kcal	15400 kcal
Mom	42	2200 kcal	15400 kcal
Jim	10	1800 kcal	12600 kcal
John	12	1800 kcal	12600 kcal

*Note: Prices are based on USDA Southeast region estimates and adjusted for ZIP 39503 (Gulfport, MS). Actual prices may vary.*