

## Feel good about what you eat!

### **Vegetarianism is good for your health,**

- \* A low-fat vegetarian diet lowers heart attack rates by 85% and cancer rates by 60%.\*
- \* By avoiding meat, you greatly reduce your intake of hormones, pesticides, microorganisms like E. coli and Salmonella, and other dangerous substances.

### **for animals,**

- \* More than 10 billion animals are slaughtered per year in the U.S. The vast majority of these animals are confined and live short, painful lives. By avoiding meat products, you tell the meat industry, “NO!” and save the lives of many innocent animals!

### **our planet,**

- \* It takes 2,500 gallons of water to produce one pound of beef and only 25 gallons to produce one pound of wheat.
- \* Cattle grazing is the number one cause of deforestation in many of the Earth’s rainforests.

### **and our fellow human beings around the globe.**

- \* 1,400,000,000 human beings could be fed by the grain and soybeans eaten by U.S. livestock
- \* It is far more efficient to grow vegetables and grains instead of meat. Many argue that eliminating meat consumption could end world hunger! To feed every single person who dies of hunger and hunger-related diseases, we would need 12 million tons of grain. Americans would only have to reduce their beef consumption by 10% to save 12 million tons of grain (because it would free up that much land!)

\*Statistics taken from *The Food Revolution* by John Robbins

# Eat Green, Save Green!



*A Guide Living Vegetarian  
on a Budget*

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Nothing will benefit human health and increase the chances for survival of life on Earth as much as the evolution to a vegetarian diet.

*Albert Einstein*

The greatness of a nation and its moral progress can be judged by the way its animals are treated... I hold that, the more helpless a creature, the more entitled it is to protection by man from the cruelty of man.

*-Mahatma Gandhi*

Humanity's true moral test, its fundamental test, consists of its attitude toward those who are at its mercy: animals. And in this respect, human kind has suffered a fundamental debacle, a debacle so fundamental that all others stem from it.

*-Milan Kundera, The Unbearable Lightness of Being*

Now I can look at you in peace; I don't eat you any more.

*-Franz Kafka, while viewing fish in an aquarium*

## PRODUCT REQUEST FORMS

*SIMPLY FILL OUT, CUT, AND GIVE TO YOUR LOCAL FOOD STORE*

I am interested in ordering the following product:

Brand: \_\_\_\_\_

Quantity: \_\_\_\_\_

I will buy this product \_\_\_ times a month.

I know that many other patrons would purchase this product.

This is an important item for me and I will shop at another grocery if it is not available here.

Please consider carrying this product. It is a healthier product than what is available currently.

I am interested in ordering the following product:

Brand: \_\_\_\_\_

Quantity: \_\_\_\_\_

I will buy this product \_\_\_ times a month.

I know that many other patrons would purchase this product.

This is an important item for me and I will shop at another grocery if it is not available here.

Please consider carrying this product. It is a healthier product than what is available currently.

I am interested in ordering the following product:

Brand: \_\_\_\_\_

Quantity: \_\_\_\_\_

I will buy this product \_\_\_ times a month.

I know that many other patrons would purchase this product.

This is an important item for me and I will shop at another grocery if it is not available here.

Please consider carrying this product. It is a healthier product than what is available currently.

## INTRODUCTION

### Why this booklet?

Very few resources address the needs of individuals who would like to consume fewer animal products but are limited financially. Many people are interested in living a more compassionate life but don't have the money to buy expensive, hard-to-find products. The good news is that you don't have to be rich to live a compassionate lifestyle—even when it comes to diet. This booklet addresses some of the concerns surrounding food availability and food cost by offering strategies for accessing food, suggestions for where to find vegetarian food items, price comparisons, sample menus, money saving tips, time saving tips, recipes, vegetarian alternatives, a sample grocery list, and tear out forms to help make requesting food from your local food store easier.

Most of the information on what you need to eat a vegetarian diet is included in the booklet; however more in-depth resources can be accessed on-line. If the Internet is not immediately available to you, public libraries have free Internet service and often offer printing privileges as well.

This booklet uses the term “vegetarian” in effort to appeal to any individual interested in limiting their consumption of animal products. All suggestions in this book are also **vegan**, meaning they contain no animal products whatsoever, including dairy products and eggs.



## FOOD OPTIONS: WAYS TO ACCESS VEGETARIAN FOODS

There are many options available for acquiring vegetarian food items. Some options are as simple as purchasing items that are already available in your local grocery store. The fast and simple items are at the top of the list. The options toward the bottom of the list will take more time and more work, but will yield greater access to vegetarian food items.

**1. Seek out what is already available.** You may be surprised at the food items available in your local grocery store! Many stores are beginning to carry more produce, soymilk, and meatless options. Look a little bit and you may be surprised. Try another local store if the store you usually use does not have the products you are looking for.

**2. What happens when you look and can't find what you need?**  
**Just ask.** When interviewed, corner stores, independently owned markets, and supermarket representatives in low-income all expressed the willingness to make special orders for foods they don't already carry, as long as their suppliers have the items available. Most stores are even willing to buy in very small quantities for a single customer. Friendliness and specific information about the product you desire can go a long way in this department. An important tip to help convince the purchasers for your local stores that you are serious is to demonstrate customer demand. The more you rally people around the need for stores to carry vegetarian or healthier food, the more store will take these requests seriously. This may mean you grab a few people, who are equally interested in vegetarian foods, when

### Further Reading:

PolicyLink's *Healthy food, healthy communities: improving access and opportunities* <http://www.policylink.org/Research/HealthyFood/>

## RECIPES & RESOURCES

-An excellent cookbook entitled "How to Survive as a Low-Budget Vegetarian" is available for free, at <http://lbveg.com/freebook.php>

-There are many free online sources for recipes and cooking tips. Some larger recipe databases are:

- <http://www.vegweb.com>
- <http://www.chooseveg.com/vegan-recipes.asp>
- <http://www.vegan-food.net/>

-Most libraries have impressive selections of vegan and vegetarian recipe books available for loan. If your library does not, simply ask them to order some or to borrow some from another library through interlibrary loan.



## SHOPPING LIST

### Beans/Protein:

- Pinto beans
- Kidney beans
- White beans
- Split peas
- Lentils
- Garbanzo beans
- Peanut butter
- Nuts/Seeds

### Grain:

- Rice
- Flour
- Pasta
- Oats
- Quinoa
- Barley

### Fruit/Vegetables:

- Apples
- Oranges
- Bananas
- Strawberries
- Nectarines, peaches
- Pears
- Seasonal Melon
- Various fruit
- Various frozen fruit
- Cabbage
- Carrots
- Celery
- Onions
- Lettuce
- Fresh spinach
- Bell peppers
- Greens
- Mushrooms
- Garlic
- Celery

- Tomatoes
- Potatoes
- Frozen Broccoli
- Frozen Mixed veggies
- Frozen Green beans
- Frozen Corn
- Frozen Cauliflower
- Canned tomatoes
- Canned Tomato sauce
- Canned Tomato paste

### Oils/Extras:

- Canola oil
- Olive Oil
- Various spices/condiments
- Salt
- White sugar
- Brown sugar
- Egg replacer
- Corn starch

### Convenience Foods:

- Nutritional yeast
- Soy Milk
- Margarine
- Bread
- TVP
- Silken Tofu
- Firm Tofu
- Lemon Juice
- Soy Sauce
- Wheat Gluten Powder
- Dairy-Free Cheese
- Imitation meat products

### Extras:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## ACCESSING FOOD (CONTINUED)

you speak with the store purchasers, create a petition to express an interest in such food items, or use any other creative ways you can devise to show that you are serious!

**3. Make a monthly trip** to a health food store, specialty store or a supermarket. It may end up saving you money in the long run if you can pick up bulk or specialty items occasionally. The extra bus fare/train fare/gas money and time is the only added expense, in this case. An extra \$4.00 a month in bus/train fare or gas money can give you access to all sorts of vegetarian options and may help shave costs from your shopping bill!

**4. Work to improve community stores** by helping small, independent stores form partnerships with each other to collaborate in purchasing. This allows all of the stores to buy products at competitive, lower prices and to pass these savings on to the consumer. It also may allow the consumer more access to specific, healthy food items.

### 5. Seek out **Community Supported Agriculture.**

*"Community Supported Agriculture (CSA) is a way for the food buying public to create a relationship with a farm and to receive a weekly basket of produce. By making a financial commitment to a farm, people become "members" (or "shareholders," or "subscribers") of the CSA." -Local Harvest*

Typically, once you pay CSA dues you receive a fresh, local supply of vegetables weekly (as long as the growing season permits). To access information about CSA's, call 301-504-6559 or try: <http://www.localharvest.org/csa/> or <http://newfarm.org/farmlocator/index.php>

## FOOD OPTIONS (continued)



6. Encourage **Farmers' Markets** to open in your neighborhood! A farmers' market describes when farmers and vendors come into a neighborhood once a week to sell their goods. They can range in size, but they allow the consumer to have fresh, local foods brought right to them. They are also cheaper than buying food from a store because the consumer is buying directly from the farmer. There may already be a farmer's market nearby (see <http://www.ams.usda.gov/farmersmarkets/>). If not, locate one in your state and determine how it is organized. Ask questions and make connections to see if you can help start a farmers' market in your area! There are also some partnerships that allow WIC (Women with Children and Infants Program) and food stamp recipients to receive fresh farm products from farmers' markets. Many farmers' markets are equipped to use EBT cards (Electronic Benefits Transfer Cards) directly, allowing you to use your food stamp benefits for fresh food! For more information, see:

[http://www.fns.usda.gov/fsp/ebt/ebt\\_farmers\\_marketstatus.htm](http://www.fns.usda.gov/fsp/ebt/ebt_farmers_marketstatus.htm)

There are often many organizations (both community and governmental) that can help support farmers' markets in your neighborhood. It may take some work to set up a farmer's market in your neighborhood, but the results for your health, your community, and local farmers will be worth your efforts!

## VEGETARIAN ALTERNATIVES (CONTINUED)

-Do you cook with **buttermilk**? To replace buttermilk, mix 1 tablespoon white vinegar with 1 cup plain soy milk or rice milk.

-Miss **scrambled eggs**? Try mashed up tofu sautéed with nutritional yeast, soy sauce, onions, paprika, and any other spices you like.

-Want some **quick gravy**?

1. Heat 2 tbsp. margarine over medium heat in a large skillet and sauté 1 diced onion for 2 minutes.
2. Add 2 tbsp. flour and 1 tsp garlic salt and sauté for 5 more minutes.
3. Add 1 ½ cups vegetable broth, 2 tbsp. soy sauce and 2 tbsp. cornstarch, stirring to mix the cornstarch well.
4. Add 1 tbsp. nutritional yeast as you turn down the heat, stirring until thick.
5. Remove from the heat and serve with vegetables, mashed potatoes, or a meat alternative



## VEGETARIAN ALTERNATIVES (CONTINUED)

-If you want **chicken**, why not give “seitan” a try? Don’t let the name scare you. If you make a large batch of this monthly and freeze it, you will have a handy and affordable meat substitute available any time! Once it is made, sauté, fry, or serve chilled in salads or sandwiches. Double, triple, or quadruple this recipe, as needed!

1. Mix together: 1 1/2 cups vital wheat gluten flour and 1/4 cup nutritional yeast flakes
2. Add the following items to the gluten and nutritional yeast: 1 cup water or vegetable broth; 1/2 cup soy sauce; 1 tbsp. onion powder; 1 tsp. garlic powder. Knead for 3 minutes, pulling apart the dough. The more kneading you do, the firmer the “chicken” will be.
3. Boil 10 cups of water or vegetable broth and add 1/2 cup soy sauce
4. Chop or tear the dough into bite-sized pieces and simmer in the broth for 45-60 minutes.
5. Drain the water and use as you would use chicken!

-**TVP** stands for textured vegetable protein and can be used in soups, chili, stews, and spaghetti sauce. TVP comes in granules or chunks. Either form should be reconstituted in a flavorful broth and then it can be fried, sautéed, or added to a recipe like ground beef.

-For **baking**, get your hands on a box of Ener-G Egg Replacer! It is affordable and is easier to keep in the cupboards than fresh **eggs**! Also, some fruit can take the place of egg in “sweet” baking recipes: 1/2 of a banana, mashed, equals 1 egg and 3 tablespoons of applesauce equals 1 egg for baking!

## FOOD OPTIONS (continued)

**7. Grow it!** Explore community gardens in your neighborhood or find some places to start them.

<http://www.communitygarden.org/> There are often land and supplies available for those interested in beautifying their neighborhoods through programs available from non-profit agencies or local government agencies. Why not improve your community and produce food while doing it? Churches and schools are also often generous with small plots of land for community gardening.

**8. Organize transportation** to specialty food stores or grocery stores. Some communities have organized shuttles to desired food stores by accessing a shuttle coordinated by a non-profit, seeking to make it easier for people who live far away from grocery stores to access healthy foods. Some state agencies participating in the Senior Farmer’s Market Nutrition Program fund transport vehicles to farmer’s markets as well. If you know someone nearby who has a car and who goes grocery shopping regularly ask him or her if you ride along in exchange for something you know they need or like.



## Food Options (continued)

**9.** Explore the possibility of your food coming to your neighborhood via a **mobile food market**- Your community may already have a mobile grocery available to help supply vegetarian food items to the population. An example is Oakland's People's Grocery: [peoplesgrocery.org](http://peoplesgrocery.org) (or 510) 652-7607). If you are fortunate enough to find a lot of community support, you may consider creating a **co—operative grocery** (often called a "co-op"). This is a store that is owned by the customers or by the employees that typically serves customers while serving a social mission. This is a large undertaking that requires a great deal of organization, community support, and time.

**10.** Tap in to **Farm to School Initiatives**. These programs link farms with schools to provide fresh produce for school lunches. There may be a club or parent groups within the school that may help take this on as a way to help students and the community.

**11. Talk about it and organize!** There is increasing awareness about the lack of food availability in low-income neighborhoods. Talk to friends, family, co-workers, and neighbors about the problem and build interest. The more people who are concerned, the greater the likelihood of change! Explain your interest in vegetarian foods and the successes and struggles you are experiencing. There is strength in numbers, so

## Replace the foods you like with Vegetarian Alternatives!

*If you are interested in eating more vegetarian food, a simple way to start is by replacing meat and dairy in dishes you already know how to prepare with vegetable alternatives.*

-In any recipe that calls for **butter**, simply use a **dairy free margarine** (just check for whey in the ingredients-it is a milk by-product)

-If you like **mayonnaise**, for a low-cost, satisfying alternative, just blend together

1 cup firm or silken tofu; 1 small clove garlic, minced; 1 tsp. mustard; 2 tsp. cider vinegar; 1/4-1/2 tsp. salt; 1/4 cups oil (olive and/or canola)

-If you use **sour cream** in your cooking: blend

1/2 pound soft or silken tofu; 2 tbsp. lemon juice; 3 tbsp. canola oil; 2 tsp. brown rice vinegar; 3/4 tsp. salt

-Don't fear **tofu**! Sauté, fry, bread, bake, or blend it in the blender! It will take on the flavor you add, so experiment with different recipes. Use firm or extra firm tofu for fish/chicken replacements. Silken tofu is better for recipes that will be blended.

-Like **ricotta cheese**? Mash some firm tofu, mayonnaise (either from the recipe above or with Vegainnaisse or Nayonnaise), Italian seasoning, and lemon juice for a quick and simple alternative!

## TIME SAVING TIPS (CONTINUED)

- If you have access to a slow cooker or crock-pot, you can keep meals cooking all day to be ready when you get home.
- Organize or attend pitch-ins or potlucks to allow yourself to try new vegetarian foods that you wouldn't otherwise have time to cook!
- Use grocery shopping time as time with friends, family, or significant other.
- Try to go to the grocery during the least busy times to help keep your time spent waiting on others or waiting in line to a minimum. Early in the morning tends to be the best time to avoid crowds and between 7:00 and 10:00 p.m. is the worst time for crowds.
- Have frozen vegetables on hand for quick and easy side dishes.
- Multi-task: If you need to do work, walk a dog, bathe a baby, or any other task, put your food in the oven, first. Make sure you keep your eye on the time to avoid burning!
- Use a shopping list. For your convenience, Here is a simple shopping list to use. Cross out items you have at home before you leave. Photocopy this list and simply mark the items you need.



## FINDING VEGETARIAN FOODS

### How likely is it that I will find basic vegetarian food items at different types of stores?

*When surveyed...*

*A supermarket carried 91% of the basic staples.*

*A large chain discount store carried 64% of the basic staples.*

*A neighborhood convenience store carried 18% of the basic staples.*

*An independent grocery carried 73% of the basic staples.*

*A health food store carried 100% of the basic staples.*

### What are the basic staples of a vegetarian diet?

**Grains:** rice, pasta, oatmeal, bread (containing no animal ingredients), quinoa, barley

**Legumes:** lentils, black beans, chick peas, split peas, pinto beans, kidney beans

**Vegetables:** onions, carrots, lettuce, cabbage, tomatoes, celery, potatoes, mushrooms, garlic, bell peppers, collard greens, frozen corn, frozen peas, and ginger

**Fruit:** apples, oranges, bananas, grapes, watermelon, pineapple

**Oils:** olive oil, canola oil, margarine (containing no animal ingredients)

**Specialty items:** tofu, soy/rice/or nut milk, tomato paste, lemon juice, brown sugar, wheat gluten, miso, tempeh, soy sauce, dairy free cheese

Further Reading: *How to Survive as a Low-Budget Vegetarian*  
<http://www.lbveg.com/freebook.php>

### ***Where can I buy the most affordable Staple Foods?***

- The cost of these staple foods varies a lot from store to store. Some stores offer the cheapest prices on some items, but the most expensive prices on others.\*
  - Research found that 64% of foods were cheapest at the large chain discount stores (like Save-a-Lot or Aldi)\*
  - Of the foods that were available at these large chain discount stores, 88% of foods were cheapest.
- The second cheapest option was the independent grocery store.

### ***What does this mean?***

If you have access to a store like Save-A-Lot or Aldi, use it for as many staples as you can. For the remaining ingredients, make your way to your local market and see what kind of foods they can offer you. Don't be afraid to make special requests for the foods you want. Locally owned markets tend to value the individual customer, especially if they show a willingness to continue shopping at their store.

If you can make it to a health food store to make use of the bulk food bins for things like flour, beans, oats, etc. and access some of the specialty foods like tofu, nutritional yeast, egg substitutes, etc.



*\*This research was conducted in low-income inner city neighborhoods and may vary according to location and retail trends.*



### **TIME SAVING TIPS**

- Plan your meals for the week before you go grocery shopping.
- Make a plan that involves going to the store that has the cheapest items you need first. Using one list, check off everything you have purchased to make any other stops quick and easy.
- Limit your trips to the grocery store to once every 1-2 weeks.
- If the grocery is on the way home from work or somewhere you regularly go, choose a day and go on your way home.
- Cook as many basic foods as you can at once. When you have a block of time, make a large quantity of rice, boil beans, prepare seitan, chop vegetables, and prepare sauces. It will make the daily preparation go much faster and will allow you to keep plenty of food available when you are tempted to eat out or eat pre-made items.
- Try to find a family member or a friend to eat with. Take turns preparing recipes for each other. This allows you some days "off" from cooking and allows you to share food with others!
- When you do cook, make extra and freeze or refrigerate the food. Save plastic containers from items like margarine to reuse as storage containers. These small containers will allow you to have extra food on hand when you are in a hurry or when you don't feel like cooking.
- Have quick items on hand like hummus (chick pea dip), bread, peanut butter, chopped vegetables, crackers, fresh fruit, and cereal to allow you to eat even when you don't have time to cook!



## MONEY SAVING TIPS

Keeping tabs of what you already have is a good way to keep your budget low. See shopping list on page 20.

-Avoid eating out! The average family saves \$60.00 a week when they eat meals at home instead of in restaurants or on the go. It does take more time to prepare all meals at home, especially those meals that are made without pre-made, processed foods. With a little strategy, however, it can be done—even for those on the tightest of schedules.

-Avoid pre-made, packaged foods. You'll save tremendous amounts of money when you buy dried beans/rice/pasta/popcorn, fresh vegetables, and bulk flour/cereal/sugar/etc. instead of prepackaged foods. These savings will allow you to buy rice milk or soy milk, tofu, and alternative meat products.

-Obtain food stamp privileges if you qualify!

<http://www.fns.usda.gov/fsp/>

Most supermarkets, convenience stores, and food co-ops accept EBT cards (the electronic card that contains food stamp benefits). Even places like Whole Foods accept EBT cards. Look for the "We Accept EBT" sign or a sign more specific to your state (e.g., Link or Quest.)

-If you have access to a grocery store specializing in Asian foods, investigate the selection of tofu, soy milk, and wheat gluten products. They are often far cheaper than they are in supermarkets and health food stores.

## ISN'T VEGETARIAN FOOD ALWAYS MORE EXPENSIVE?

### Conventional Meat and Dairy Foods Vs. Vegetarian Alternatives: A Price Comparison

Conventional Product and Price (average price according to USDA 2007 statistics)	Vegetarian Product and Price	Which product is the Cheapest?
Eggs-11 cents/ounce	Ener-g Egg replacer 4 cents/ounce	Vegetarian
Milk-2.7 cents /ounce	Soy Milk- 5-7 cents /ounce	Conventional
Chicken Breast- 2.31/lb	Wheat Gluten (home made)- 2.12 cents/ounce	Vegetarian
Turkey- 1.11/lb	Tofu=1.00-2.00/pound	Tie
American Cheese- 3.91/lb	Nutritional yeast cheese- 1.25/lb (including cost of other ingredients)	Vegetarian
Ground Beef- 2.87/lb	Boca Burgers-6.40/lb	Conventional

These prices are based on average prices according to field research in low income neighborhoods as well as consumer price indexes:  
<http://data.bls.gov/PDQ/outside.jsp?survey=ap>

	Breakfast	Lunch	Dinner	Snack
Monday	-Orange juice (3 cups) -Toasted English Muffin (4) -soy milk (2 cups)	-Lentil patties -Hamburger bun (4) -Orange juice (3 c) -Coleslaw (2 c) -Soy milk (2 c)	-“Beef”-noodle casserole -Lima beans (2 c) -Banana orange salad (2 bananas, 2 oranges)(2 c) -Soy milk (2 c)	-Wheat bread (4 slices) -Chickpea dip (hummus) -Lemonade (4 c)
Tuesday	-Banana (4) -Bagel (4) -Veg. Margarine (4 tsp) -Soy milk (2 c)	-Collard Greens (6 cups) -Pinto Beans -Corn Bread -Oranges (2)	-Vegetable stir fry -Steamed rice (3 c) -Bread (4 slices) -Peach-apple crisp -Soy milk (2 c)	-Vegetables and chickpea dip
Wednesday	-Home-made pancakes (8) -Apples (4)	-Chili Macaroni (2 c) -Peach-apple crisp -Rice milk (2 c) -Orange juice (3 c)	-Shepherd’s Pie (8 c) -Orange slices (2 c) -White bread (2 slices) -Chickpea dip	-Biscuits (8) -Margarine (4 tsp)
Thursday	-Cereal (4 cups) -Soy milk (2 cups) -Orange Juice (4 cups)	-Tofu eggless egg salad sandwiches (4) -Baked beans -Banana, slices (2 c) -Oatmeal cookies -Orange juice	-Saucy beef-less pasta (with ground meat substitute or tofu) -Green beans (1-1/3 c) -Bread (4) -Pears (2 c) -Soy milk (2 c)	Orange juice (3 c)
Friday	-Oatmeal (4 cups) -Oranges (4) -Homemade Muffins (4)	-Potato soup -Snack crackers low salt (3) -Chick Pea pasta salad -Orange slices -Oatmeal cookies	-Sautéed wheat gluten (with rosemary) -Scalloped potatoes -Spinach (2 c) -Margarine (4 tsp)	-Popcorn (1 cup unpopped) -1 Tablespoon oil -Tsp salt

## WEEKLY MENU

### *So, what might a weekly menu look like?*

*This menu is based on a USDA Market Basket for 4 people according to the Thrifty Food Plan, which sets the guidelines for food stamp allotment. Substitutions were made for any food items containing non-vegetarian ingredients. The only specialty items include soy milk, tofu, and wheat gluten. Because the costs of the meat were subtracted from the menu, these items still fit within the budget, but may not be immediately accessible in all neighborhoods.*

	Breakfast	Lunch	Dinner	Snack
Saturday	-Toast (8 pieces) -Margarine (4 tsp) -Baked Potato Cakes (4) -Orange Juice (3c)	-Vegetable soup -Snack crackers, low salt (5 each) -Apple orange slices (2 apples, 2 oranges) (2 c) -Rice pudding -Soy milk (2)	-Bean Soup (8 cups) -Pasta (4 c) -Peas and carrots (1 c) -Orange slices (2 c) -Biscuits (8) -Margarine (4 tsp) -Soy milk (2 c)	-Crispy potatoes
Sunday	-French Toast (4) -Fruit Slices (4 pieces of fruit) -Orange Juice (4 cups)	-Baked tofu (12 oz) -Hummus sandwiches (4) -Crispy potatoes -Macaroni salad Melon (1-1/3 c) Orange juice (3 c) -Soy milk (2 c)	Lentil/Vegetable soup (8 cups) Noodles (4 c) -Leaf lettuce (1-1/3 c) -Salad dressing (4 tbsp) -Rice pudding -Soy milk (2 c)	-Popcorn (1 cup unpopped) -1 Tablespoon oil -Tsp salt

Modified from USDA’s Low Cost Food Plans

<http://www.cnpp.usda.gov/>