



5 Day \$50 FLOSN Menu

Madison Crouch, ecomadison,
madlocoaussie@gmail.com,
University of Virginia



Shopping List

- 8 lb Organic Russet Potatoes- 15 potatoes- \$7.5
- 2.5 lb Organic Bulk Brown Rice- 7.5 cups cooked- \$4.5
- 2 lb Organic Bulk Black Beans- 6 cups cooked- \$4
- 4 Organic Red Onions - \$2
- 3 Crowns of Organic Broccoli - \$5.25
- 2 Bunches Organic Spinach- \$6
- 1 lb Bulk Organic Rolled Oats- 3 cups- \$1
- 10 Organic Bananas- \$1.75
- 2 Bunches Organic Carrots- \$5
- 1 lb Bulk Green Lentils- 7 cups cooked- \$2.50
- Frozen Organic Blueberries- 12 oz- \$4

Breakfasts

Day 1: 2.5 frozen bananas blended with 1 cup of blueberries

Day 2: 1 cup rolled oats with 1 banana and 1/2 cup blueberries

Day 3: 2.5 frozen bananas blended with 1 cup blueberries

Day 4: 1 cup rolled oats with 1 banana and 1/2 cup blueberries

Day 5: 2 bananas mashed with 1 cup oats and baked as cookies

Lunches

Day 1: 3 potatoes with ½ crown of broccoli and 1 cup cooked lentils

Day 2: 1.5 cups cooked brown rice, 1.5 cooked black beans, with ½ red onion, ½ bunch spinach, ½ bunch carrots sauteed

Day 3: 3 potatoes with sauteed veggies- 1 red onion, ½ bunch spinach, 1 cup cooked lentils

Day 4: 1.5 cups cooked rice, 1.5 cups cooked black beans, ½ crown broccoli

Day 5: 3 potatoes with ½ bunch steamed carrots and ½ crown broccoli

Dinners

Day 1: 2 cups cooked brown rice, 2 cups lentils, sauteed ½ onion, ½ bunch carrots, ½ bunch spinach

Day 2: 3 potatoes with ½ crown broccoli

Day 3: 1.5 cups cooked rice, 2 cups cooked lentils, 1 sauteed red onion with ½ bunch carrots

Day 4: 3 potatoes with ½ crown broccoli

Day 5: 2 cups cooked brown rice, 1.5 cups cooked black beans, ½ bunch spinach, 1 red onion, ½ crown broccoli

Conclusion

I was able to stay around \$50 for my five day menu, and was able to get all organic food from Whole Foods. My total cost was \$43.5, so I came in under budget. I was able to save money by buying in bulk and only eating plant based. Each day costs around \$9, which I think is pretty realistic, especially since I am in college and these are simple, quick meals. They are affordable and healthy, and good for the planet! I already eat like this now, though I usually have a little more variety in my daily meals. This is definitely the best way to eat for health, the environment, and my wallet!