



Sample 2-Week Menus

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These sample 2-week menus can be used by any person or family wanting to follow a healthy diet at a modest price. The menus are designed to meet nutrition needs on a budget.

- All recipes require only kitchen equipment that most people have.
- Lunches are designed to be packable so they can be taken to work or school. Some lunches use leftovers from recipes prepared for dinner the night before.
- Menu items can be moved between meals, such as swapping a banana at breakfast for an orange at snack. Snacks can be eaten at any time of the day.
- Meals can be moved to fit family schedules, such as switching lunch with dinner.

Learn more about how to use these menus with the [Sample 2-Week Menu Overview](#).

- [Sample 2-Week Menus](#)
- [Grocery List](#)
- [Pantry Staples List](#)
- [Cookbook: Recipes for Sample Menus](#)

