**One Week Cheap Meal Plan for Two under $30**

**Monday:**

* Breakfast - Oatmeal
* Lunch - pancakes
* Dinner - Tuna Noodle

**Tuesday:**

* Breakfast - Oatmeal
* Lunch - Leftover Tuna Noodle
* Dinner - Egg Salad Sandwich/Soup

**Wednesday:**

* Breakfast - Eggs
* Lunch -  tuna fish sandwich
* Dinner - Bean Burritos

**Thursday:**

* Breakfast - Oatmeal
* Lunch -  pancakes
* Dinner - Black Bean Quesadillas

**Friday:**

* Breakfast - Eggs
* Lunch -  Turkey sandwich
* Dinner - Grilled Cheese and Soup

**Saturday:**

* Breakfast - Oatmeal
* Lunch -  Turkey Sandwich
* Dinner -  Chicken and rice (Cook an extra piece of chicken for tomorrow's chicken quesadillas)

**Sunday:**

* Breakfast - Oatmeal
* Lunch -  turkey sandwich
* Dinner - Chicken Quesadilla