

3-12th July 2021

Think Global

Eat Local!

presents weekly meal plans



*Inter
Aktion*



Co-funded by the
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Meal

Plan

low budget 5e/day



Monday

Breakfast:
toast+cheese/ham
1 cup of milk
1 apple

Lunch:
pasta pomodoro con
basilico

Dinner:
omlette ham cheese
bread

Tuesday

Breakfast:
toast+cheese/ham
1 cup of coffee
1 banana

Lunch:
Fasolakia (Greek
green beans) + bread

Dinner:
Chicken suvlaki +
vegetable soup

Wednesday

Breakfast:
yogurt + apple+ banana
coffee

Lunch:
chicken + rice

Dinner:
Pork suvlaki + salad
+ bread + cheese

Snacks:
Cereal bar + fruits

Thursday

Breakfast:
toast + 1egg + ham
coffee

Lunch:
omlette with ham +
cheese + bread

Dinner:
fish + rice

Snacks:
Milk+Cereal bar+fruits

Friday

Breakfast:
yogurt + apple+ banana
coffee

Lunch:
Fasolakia (Greek
green beans) + bread

Dinner:
omlette + salad

Snacks:
tea + biscuits

Saturday

Breakfast:
cup of milk, cereal
bar + banana

Lunch:
pasta with veggies

Dinner:
pita gyros

Snacks:
Cereal bar + fruits

Sunday

Breakfast:
toast + 1egg + ham
coffee

Lunch:
chicken + veggies

Dinner:
veggie soup + bread

Snacks:
Cereal bar + milk



Meal

Plan

low budget 5e/day



Monday

Breakfast:
Coffee/water/tea

Lunch:
chickpea salad(pepper,
tomatoe, egg, lettuce)

Dinner:
yogurt+ musli

Snacks:
banana+milk

Tuesday

Breakfast:
Coffee/water/tea

Lunch:
red beans with onion
and bread

Dinner:
carrots and hummus

Snacks:
apple + homemade peanut
butter

Wednesday

Breakfast:
Coffee/water/tea

Lunch:
lentils + rice

Dinner:
salad(tomatoes, cucumb
ers, cheese, red beet)

Snacks:
banana

Thursday

Breakfast:
Coffee/water/tea

Lunch:
chickpeas+ coconut milk
and tomatoe souce

Dinner:
yogurt+ musli

Snacks:
apple

Friday

Breakfast:
Coffee/water/tea

Lunch:
pasta with tomatoe
souce

Dinner:
Pizza

Snacks:
carrots

Saturday

Breakfast:
Coffee/water/tea

Lunch:
potatoes

Dinner:
vegetarian hamburger

Snacks:
water

Sunday

Breakfast:
Coffee/water/tea

Lunch:
lentils + rice

Dinner:
omlette + zuchini, cheese,
pepper

Snacks:
crackers



Meal

Plan

medium budget
10e/day



Monday

Breakfast:

Avocado toast (bread +
1 egg + avocado)
Milk + instant coffee

Lunch:

pasta with tomatoe sauce
+ cheese/1 banana

Dinner:

salad + tuna + yogurt

Snacks:

1 apple + peanut butter

Tuesday

Breakfast:

oats+milk+banana+peanut
butter/coffee

Lunch:

rice+broccoli+chickpeas+
carrots+ tomatoe souce
1 slice of watermelon

Dinner:

omlette + spinach+ cheese
1 apple & peanut butter

Snacks:

bread + peanut butter+
banana

Wednesday

Breakfast:

yogurt + nuts + oats
milk + instant coffee

Lunch:

lentils + onions +
carrots + bread/1 peach

Dinner:

2 eggs + broccoli + carrots
+ olive oil
1 slice of watermelon

Snacks:

bread + hummus + carrots

Thursday

Breakfast:

avocado toast/cacao + milk

Lunch:

spinach + rice + olive oil
salad + nuts
1 banana

Dinner:

tuna toast+boiled egg
1 apple

Snacks:

yogurt+ nuts +peanut butter

Friday

Breakfast:

banana shake/bread + egg

Lunch:

pasta + tuna/1 slice
watermelon

Dinner:

delivery(pizza)

Snacks:

peach + yogurt

Saturday

Lunch:

pizza/1 banana

Dinner:

omlette + cheese +
tomatoe souce

Snacks:

toast + peanut butter
milk+ coffee

Sunday

Breakfast:

detox smoothie(spinach +
avocado+ milk)

Lunch:

restaurant (paella)

Snacks:

Cereal bar + 1
slice watermelon



Meal

Plan

medium budget
10e/day



Monday

Breakfast:

Oats + fruits + nuts
coffee

Lunch:

rice + chicken + salad

Dinner:

baguette + Philadelphia
+pepper/tomatoes

Snacks:

pears/crackers

Tuesday

Breakfast:

Oats + fruits + nuts
coffee

Lunch:

chickpea stew + salad

Dinner:

yogurt + fruits + nuts
desert

Snacks:

chocolate/banana

Wednesday

Breakfast:

omlette + baguette
coffee

Lunch:

Cream, carrots, zuchini +
rice + salad

Dinner:

Mushroom souo + bread

Snacks:

yogurt/apple

Thursday

Breakfast:

Oats + fruits + nuts
coffee

Lunch:

Ratatouille + salad

Dinner:

eggs + veggies +
baguette
Ice cream

Snacks:

banana/yogurt

Friday

Breakfast:

Oats + fruits + nuts
coffee

Lunch:

fish + potatoes +
salad

Dinner:

Turkish restaurant

Snacks:

crackers/orange

Saturday

Breakfast:

omlette + baguette
coffee

Lunch:

chicken soup

Dinner:

big salad with
yogurt dressing

Snacks:

orange/chocolate

Sunday

Breakfast:

Oats + fruits + nuts coffee

Lunch:

Japanese restaurant

Dinner:

Salad
Filled mushrooms with
cheese

Snacks:

fruit/yogurt



The meal plans were made by the participants of the Erasmus+ Youth Exchange "Think Global, Eat local!" during one of the workshops.

They were asked to create meal plans for one week within a given budget for an average young person between 20–25 years old that is a student/worker that likes to go out, is physically active and cooks at home 4/5 times a week, but also goes to restaurants or calls for delivered food 1–3 times/week.

