

P150.00 LOW BUDGET WEEKLY MEAL PLAN

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DAY	BREAKFAST	LUNCH	DINNER
Monday	champorado with dilis	Chicken gizzard & liver adobo + Eggplant salad	Galunggong & Adobong Kangkong
Tuesday	Spanish omelette and sinangag	Crispy Fried Tawilis & Ginisang Pechay	Chicken Tinola
Wednesday	Tinapa, scrambled egg & sinangag	Stir-fried green beans & ground pork	Crispy Chicken Wings
Thursday	Poached egg or sunny side up over toasted bread	Tortang Talong	Tokwa't Baboy with Tausi
Friday	Pancake made from scratch & banana slices	Korean Tuna Pancakes & Cucumber Salad	Misua with meatballs & patola
Saturday	Spanish style sardines & pandesal	Munggo with Chicharon	Pininyahang Manok
Sunday	French Toast & Banana slices	Inasal-style chicken	Chicken sotanghon soup & fried bangus slices