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# Sample Menus and Recipes Based on the 1999 Thrifty Food Plan

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Samples of three weekly menus and recipes based on the 1999 Thrifty Food Plan (TFP) are now available. The TFP serves as a national standard for a nutritious diet and is used to set food stamp allotments. These menus were developed under contract with The Pennsylvania State University and, after being tested, were found to be acceptable by households receiving food stamps. The menus illustrate one way that families who want to economize on food can eat nutritious meals that meet nutritional standards at a constant real cost equal to the previous TFP.

**S**amples of three weekly menus and recipes, described here, illustrate one way families who want to economize on food can eat nutritious meals that meet current dietary recommendations.<sup>1</sup> These menus are based on the 1999 Thrifty Food Plan (TFP).

The TFP serves as a national standard for a nutritious diet at a minimal cost and is used as the basis for food stamp allotments. The TFP was recently revised to incorporate current dietary standards, including the 1989 Recommended Dietary Allowances (RDA), the *1995 Dietary Guidelines for Americans*, and serving recommendations of the Food Guide Pyramid (2,3). The plan is now based on data from the 1989-91 Continuing Survey of Food Intakes by Individuals and national average food prices.

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<sup>1</sup>Previous CNPP publications regarding the 1999 Thrifty Food Plan present samples of two weekly menus and recipes. Since these publications were issued, another week of menus and recipes has been developed and is presented here for the first time.

The revised TFP provides food market baskets for 12 age-gender groups. Each TFP market basket identifies the type and quantity of foods that people in specific age-gender groups could consume at home to have a healthful diet that meets dietary standards. For a description of the development of the TFP market baskets, the reader should see the *Thrifty Food Plan, 1999 Administrative Report (5)*.

To help implement the TFP, The Center for Nutrition Policy and Promotion (CNPP) in 1996 contracted with The Pennsylvania State University (PSU) to have the market basket of food items for a family of four converted into menus and recipes that may be used by food stamp recipients or other households with a limited food budget. This article describes how the revised TFP market baskets were translated into sample meal plans, a process including the development of menus and recipes, as well as the evaluation of these menus and recipes by food stamp households.

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## Menu and Recipe Development

Meal plans for Week I, Week II, and Week III were designed to meet stipulated weekly costs of foods, use foods and quantities from the market basket, and meet dietary standards. When possible, PSU incorporated convenience in the meal plans: for example, using canned broth or bouillon instead of preparing soup from stock, using a commercial pudding mix rather than preparing pudding from basic ingredients, choosing canned beans instead of dry beans, using some deli meats for sandwiches instead of baking a roast or ham, and using store-bought bread rather than using baked bread for sandwiches and toast. However, these menus still require that many food products (e.g., biscuits and oatmeal cookies) be prepared from basic ingredients rather than purchased as boxed mixes or ready-to-eat foods, because specific quantities of basic ingredients, such as flour and milk, must be used in the weekly menus.

The same dietary standards used in the development of the TFP market baskets were used to develop each sample weekly menu. These standards were the 1989 Recommended Dietary Allowances (RDAs), the *1995 Dietary Guidelines for Americans*, the serving recommendations of the Food Guide Pyramid, and the National Research Council recommendations for cholesterol and carbohydrate. CNPP defined target RDAs and servings of the Food Guide Pyramid for four-person households by totaling the needs of individual household members.

To allow some flexibility in planning weekly menus, CNPP established ranges for meeting target food quantities of the market basket, the mandatory total weekly cost limit, and specific dietary standards. Food

quantities of the 25 food categories used in each weekly menu had to be within a 5-percent deviation of the amounts specified in the weekly market basket, except for any one or two food categories, which could deviate up to 10 percent. Costs needed to be between \$91 to \$93 for each weekly menu (the approximate cost of the TFP market basket for a family of four in 1996). As long as the specified dietary standards for the households were met, CNPP permitted the quantity limits for the fats; sugars; gravies, sauces, and condiments; and seasonings groups to deviate from the quantities in the market basket so that the weekly calorie level could be met.

Combining some of the 25 food categories in the market basket was allowed to keep the number of food categories manageable in planning the menus. For example, the milk drinks and milk desserts category and the milk and yogurt category (whole, lower fat, and skim) were combined. The nutritive content of the menus was not affected by combining these groups, because the foods had similar nutritive values.

The energy (calories) content of each weekly menu could exceed the specified target for the four-person household by 5 percent but could not drop below the recommended amount. Daily calories had to be within 5 percent of the recommendation; the percentage of calories from fat, within 27 to 30 percent for a week; and the percentage of calories from fat on a given day, within 27 to 33 percent for each weekly menu. The percentage of total calories from saturated fat had to be within 9 to 10 percent of the recommendation for a week, and the percentage of calories from saturated fat on a given day had to be within 8 to 12 percent of the recommendation for each weekly menu.

PSU used the Food Intake Analysis System (FIAS) (8) to analyze the nutritive values of the daily and weekly menus and recipes.<sup>2</sup> Quantitative dietary standards appropriate for the total diet were applied to the weekly menu but not to individual recipes, foods, or meals. However, recipes were developed based on principles of the Dietary Guidelines whenever possible (e.g., lower fat, saturated fat, and cholesterol; moderate amounts of sodium and sugars; and plenty of whole grains, fruits, and vegetables). Servings of the Food Guide Pyramid for the daily and weekly menus were determined by using the CNPP 1996 Food Guide Pyramid Servings Data Base (1).

## Recipe Testing

Testing in the PSU Food Laboratory consisted of standardizing recipes and replicating them at least twice. New recipes or uncommon recipes, such as chick pea dip, were evaluated by PSU taste panelists. Recipes for commonly used foods, such as cooked noodles, were not rated for acceptability. Each laboratory-tested recipe included the number and size of servings, a list of ingredients and quantities, step-by-step preparation procedures, and preparation and cooking times.

Ingredients that were needed to prepare and test the recipes in the food laboratory were purchased at supermarkets local to PSU. To obtain the prices used in estimating costs for the menus and recipes, PSU purchased food items for quantities as close as possible to amounts specified on the shopping list. Food items chosen at the store were those with the lowest unit price,

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<sup>2</sup>FIAS is a computerized nutrient-analysis system developed by the University of Texas, Houston Health Science Center in collaboration with the USDA Agricultural Research Service (8).

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regardless of brand name. The recipes were followed exactly to reduce any variation in methods and product from one replication to another.

Taste panelists (six for each panel) used a sensory evaluation form<sup>3</sup> to evaluate recipes immediately after preparation in the laboratory. Taste panelists rated the overall appearance, smell, first taste, texture, taste after several minutes, and overall eating quality of the recipes being tested. Scores given each recipe over two replications were averaged to obtain the mean score for the recipe. Recipes were defined as acceptable if they had an overall mean score of 7 or higher on a 9-point hedonic scale, where 9 represented the most positive score (“like extremely”). Recipes that received an acceptable evaluation score were then tested and evaluated by households receiving food stamps.

## Evaluation of Menus and Recipes by Households Receiving Food Stamps

Twelve four-person households receiving food stamps evaluated the weekly menus and recipes; four households evaluated the menus for each week. These households, residing in Pennsylvania, were selected by PSU with assistance from the local food stamp office. The sample consisted of married couples ages 20 to 50, with two children, ages 6 to 11; and single parents ages 20 to 50, with three children, ages 6 to 11. The households reflected ethnic and racial diversity within the limits of a small sample. In addition, all households had to have access to a working telephone and refrigerator.

Of the 12 households, 7 were Caucasian; 4, African American; and 1, Latino. Eight households lived in urban areas, and 4 lived in rural areas. Eight households contained two adults; four contained single parents.

Researchers interviewed each household by telephone, providing background information about the project; eliciting participant expectations; and confirming eligibility, availability, and willingness to participate in the study. Researchers also identified the person who was primarily responsible for food shopping and preparation, location of the preferred grocery store, and availability of cooking equipment needed to complete the testing of menus and recipes. Food preparers were told they would be accompanied to stores by researchers to shop for the foods required to prepare a week of menus and that the researchers would purchase the foods at no cost to the families.

A preliminary in-home interview by PSU researchers with the participating households was used to review the project and to present the evaluation instruments, sample of weekly menus, food lists, and recipes to be evaluated. The three weekly menus and food lists are shown on pages 70-75. The evaluation instruments and recipes (for Week I and Week II) are published in the *Thrifty Food Plan, 1999 Administrative Report (5)*. The food preparer of each household was asked to shop for and prepare meals and snacks, consume them with the family, and evaluate their acceptability. Each participating household received a “start-up kit” consisting of a 9- by 13-inch baking dish, an 8-inch square baking dish, a 3-quart saucepan, and measuring cups and spoons.

Evaluations began with the PSU researcher accompanying the food preparer to shop for food. During the

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**The food preparer of each household was asked to shop for and prepare meals and snacks, consume them with the family, and evaluate their acceptability.**

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<sup>3</sup>The sensory evaluation form is published in the *Thrifty Food Plan, 1999 Administrative Report (5)*.

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week, PSU researchers gathered data from household members by conducting three personal interviews in the home and one telephone interview every other day to obtain reactions on the previous day's menus and recipes. After 1 week, PSU conducted a final interview to obtain household members' comments on the overall acceptability of the sample menus and recipes.

Household members used the same 9-point hedonic scale for rating the quality of recipes that was used for evaluating the products in the food laboratory. For households, a mean score of 5 or higher was considered acceptable, because the homes of participants provided a more informal environment than did the food laboratory.

Overall, households gave acceptable ratings to the menus and recipes for all 3 weeks, with three of the four food preparers rating Week I and Week II meal plans as "good." All four food preparers rated Week III as "good." Average ratings were slightly lower in Week I because one recipe (Saucy Beef Spaghetti) was rated unfavorably. It was subsequently replaced with Saucy Beef Pasta. The household's mean sensory evaluation ratings for Week I and Week II recipes are published in the *Thrifty Food Plan, 1999 Administrative Report (5)*. Remarks by the households showed that some of the households were not accustomed to using recipes. Overall, the households found the food preparation techniques used to prepare food items in the menus acceptable. At least 3 of the 12 households required additional guidance to prepare the meal plans, such as measuring ingredients and following appropriate cooking techniques, because they lacked basic cooking skills needed to prepare food items from the recipes.

A limitation of the study was the small sample of households recruited from one State to evaluate the weekly menus. PSU researchers indicated that participant recruitment and data collection were challenging. They also indicated that newly enacted welfare reform legislation, relocation of some families, and lack of basic food preparation and cooking skills of some households made collection of the data labor-intensive.

## Conclusions

Results of the study indicate that minimal-cost, nutritious meal plans based on the revised TFP market basket were feasible and acceptable to sample households that received food stamps. The list of foods and quantities specified in the market basket ensures that the menus can be applied broadly to a national population. Because the foods and meal plans were designed to meet dietary standards, the meal plans show one way of eating a healthful diet on a minimal-cost budget.

Two weeks of meal plans (including weekly menus, individual recipes, and food-shopping lists) are published in the following USDA publications: *Preparing Nutritious Meals at Minimal Cost (6)*, the *Thrifty Food Plan, 1999 Administrative Report (5)*, and *Recipes and Tips for Healthy, Thrifty Meals (7)*.

Our data indicate that assisting households to enhance their skills in basic food preparation and meal management will improve the chances of low-income and other families to benefit from these meal plans. These skills, as well as efficient and economical food-shopping techniques, should be enhanced through nutrition and consumer education efforts.

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## References

1. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. 1996. *CNPP's Food Guide Servings Data Base for 1989-1991 Continuing Survey of Food Intakes by Individuals*. In-house Data Base.
2. National Academy of Sciences, National Research Council, Food and Nutrition Board. 1989. *Recommended Dietary Allowances* (10<sup>th</sup> ed.). National Academy Press, Washington, DC.
3. U.S. Department of Agriculture and U.S. Department of Health and Human Services. 1995. *Nutrition and Your Health: Dietary Guidelines for Americans* (4<sup>th</sup> ed.). Home and Garden Bulletin No. 232.
4. U.S. Department of Agriculture. 1996. *The Food Guide Pyramid*. Home and Garden Bulletin No. 252.
5. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. 1999. *Thrifty Food Plan, 1999 Administrative Report*. CNPP-7.
6. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. 1999. *Preparing Nutritious Meals at Minimal Cost*. CNPP-7B.
7. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. 2000. *Recipes and Tips for Healthy, Thrifty Meals*. CNPP-11.
8. University of Texas, Houston Health Science Center School of Public Health and U.S. Department of Agriculture, Agricultural Research Service. 1996. *Food Intake Analysis System*. Version 3.2. Houston, TX.

## Week I. Menus for a Family of Four

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Orange juice (3 c) Ready-to-eat cereal (3 c flakes) Toasted English muffin (4) 1% lowfat milk (2 c)	Orange juice (3 c) Banana (4) Bagel (4) Margarine (4 tsp) 1% lowfat milk (2 c)	Orange juice (3 c) **Cooked rice cereal Bagel (4) Margarine (4 tsp)	Orange juice (3 c) Scrambled eggs (4) Hashbrown potatoes (2 c) 1% lowfat milk (2 c)	Orange juice (3 c) Ready-to-eat cereal (3 c flakes) English muffin (4) Margarine (4 tsp) 1% lowfat milk (2 c)	Orange juice (3 c) *Baked French toast Cinnamon sugar topping (4 tsp) 1% lowfat milk (2 c)	Orange juice (3 c) *Baked potato cakes White toast (4 slices) 1% lowfat milk (2 c)
L U N C H	*Turkey patties Ham burger bun (4) Orange juice (3 c) Cole slaw (2 c) 1% lowfat milk (2 c)	*Crispy chicken **Potato salad **Orange gelatin salad Peaches, canned (1 c) **Rice pudding	**Turkey chili Macaroni (2 c) *Peach-apple crisp 1% lowfat milk (2 c) Orange juice (3 c)	Turkey ham (11 oz, 2 tbsp salad dressing) sandwiches (4) **Baked beans Banana, slices (2 c) **Oatmeal cookies Orange juice (3 c) 1% lowfat milk (2 c)	**Potato soup Snack crackers, low salt (5 each) *Tuna pasta salad Orange slices (2 c) **Oatmeal cookies 1% lowfat milk (2 c)	**Potato soup Snack crackers, low salt (5 each) Apple or orange slices (2 apples, 2 oranges) (2 c) **Rice pudding 1% lowfat milk (2 c)	Baked fish (12 oz, 4 tbsp salad dressing) sandwiches (4) *Crispy potatoes **Macaroni salad Melon (1-1/3 c) Orange juice (3 c) 1% lowfat milk (2 c)
D I N N E R	**Beef-noodle casserole Lima beans (2 c) Banana or orange salad (2 bananas, 2 oranges) (2 c) 1% lowfat milk (2 c)	*Turkey stir fry Steamed rice (3 c) White bread (4 slices) *Peach-apple crisp 1% lowfat milk (2 c)	**Baked cod w/cheese *Scalloped potatoes Spinach (1-1/3 c) Margarine (4 tsp) Chocolate pudding (2 c)	*Beef pot roast Noodles (4 c) Peas and carrots (1 c) Orange slices (2 c) Biscuits (8) Margarine (4 tsp) **Rice pudding 1% lowfat milk (2 c)	Beef pot roast (12 oz) Noodles (4 c) Green beans (1-1/3 c) Leaf lettuce (1-1/3 c) Salad dressing (4 tbsp) **Rice pudding 1% lowfat milk (2 c)	*Saucy beef pasta White bread (4) Canned pears (2 c) Orange juice (3 c) 1% lowfat milk (2 c)	*Turkey-cabbagescasserole (8 c) Orange slices (2 c) White bread (2 slices) **Chickpea dip 1% lowfat milk (2 c)
S N A C K	White bread (4 slices) **Chickpea dip Lemonade (4 c)	Orange juice (3 c)	*Crispy potatoes	Lemonade (4 c)	Biscuits (8) Margarine (4 tsp) Lemonade (4 c)	Lemonade (4 c)	

\*Recipes were tested and sensory-evaluated in the food laboratory and by householders.

\*\*Recipes were tested and sensory-evaluated in the food laboratory.

Note: Daily menus are designed in no specific sequence. Amounts of foods that a family is expected to use are shown in parentheses for most foods. Amounts of allowed margarine and milk can be combined or divided differently at meals. Recipes are provided elsewhere for foods shown with asterisks (4). Serving sizes are shown on the recipes.

## Week II. Menus for a Family of Four

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Orange juice (3 c) Hash brown potatoes (2c) Biscuits(8) Margarine (4tsp) Jelly (8 tbsp)	Orange juice (3 c) Ready-to-eat-cereal (3 c toasted oats) White toast (4 slices) Margarine (8 tsp) 1% lowfat milk (2 c)	Orange juice (3 c) Bananas (1/2 c) Ready-to-eat-cereal (3 c toasted oats) White toast (4 slices) Jelly (8 tbsp) 1% lowfat milk (2 c)	Orange juice (3 c) **Cooked rice cereal White toast (4 slices) Margarine (4tsp) 1% lowfat milk (2 c)	Orange juice (3 c) Ready-to-eat cereal (3 c toasted oats) White toast (4 slices) Margarine (4tsp) 1% lowfat milk (2 c)	Orange juice (3 c) Scrambled eggs (2 c) Turkey ham (11 oz) Bagels (4) 1% lowfat milk (2 c)	Orange juice (3 c) Melon (1-1/3 c) Pancakes(12) Pancake syrup (8 tbsp) 1% lowfat milk (2 c)
L U N C H	**Chicken and vegetables **Scalloped potatoes Grapes (12 oz) Whole wheat bread (4 slices) Margarine (4tsp) *Peach cake 1% lowfat milk (2 c)	*Pizza meat loaf Noodles (4 c) Margarine (8 tsp) Orange slices (2 c) 1% lowfat milk (2 c)	*Tuna macaroni salad White bread (4 slices) Margarine (4tsp) Apple slices (2 c) 1% lowfat milk (2 c) Cocoa drink mix (2 oz)	Ham burger (12 oz) sandwiches (4) *Ranch beans **Orange gelatin salad Banana slices (1/2 c) 1% lowfat milk (2 c)	*Baked chicken nuggets **Shoestring potatoes Macaroni (5 c) Margarine (4tsp) **Orange gelatin salad 1% lowfat milk (2 c)	*Chicken noodle soup Biscuits (8) Canned peaches (2 c) Orange juice (3 c) 1% lowfat milk (2 c) Cocoa drink mix (2 oz)	Meatball (12 meatballs) sandwiches (4) Grapes (12 oz) **Sugar cookies 1% lowfat milk (2 c) Orange juice (3 c)
D I N N E R	*Southwestern salad Steamed rice (6 c) Apple orange salad (2 apples, 2 oranges) (2 c) Margarine (4tsp) 1% lowfat milk (2 c)	*Spanish baked fish Steamed rice (6 c) Peas (1-1/3 c) Whole wheat bread (4 slices) Margarine (8 tsp) *Peach cake 1% lowfat milk (2 c)	*Stir-fried pork and vegetables with rice Dinner rolls (4) Margarine (4tsp) Mandarin oranges (2c) 1% lowfat milk (2 c)	Baked chicken (10 oz) Mash potatoes (6c) Green beans (1-1/2 c) White bread (4 slices) Margarine (5-1/3tbsp) Orange slices (2 c) 1% lowfat milk (2 c)	**Baked spicy fish Noodles (4 c) Peas and carrots (10 oz) White bread (4 slices) Margarine (8tsp) *Chocolate rice pudding 1% lowfat milk (2 c)	*Baked meatballs Spaghetti and sauce (5 c) Leaf lettuce (2 c) Salad dressing (4 tbsp) French bread (4 slices) 1% lowfat milk (2 c)	*Cheese-stuffed potatoes Macaroni (5 c) Peas (1-1/3 c) Margarine (8tsp) Orange slices (2 c) 1% lowfat milk (2 c)
S N A C K	Popcorn (6 c)	**Shoestring potatoes Fruit drink (4 c)	Popcorn (6c) Orange juice (3 c)	*Chocolate rice pudding	Baked French fries (11 oz) Fruit drink (4 c)	Ice milk fudgesicle (4)	Popcorn (6c) Fruit drink (4 c)
<p>*Recipes were tested and sensory-evaluated in the food laboratory and by households.  **Recipes were tested and sensory-evaluated in the food laboratory.  Note: Daily menus are designed in no specific sequence. Amounts of foods that a family is expected to use are shown in parentheses for most foods. <b>Amounts of allowed margarine and milk can be combined or divided differently at meals.</b> Recipes are provided elsewhere for foods shown with asterisks(*). Serving sizes are shown on the recipes.</p>							

### Week III. Menus for a Family of Four

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B R E A K F A S T	Orange juice (3 c) Hash brown potatoes (2 c) Biscuits (8) Margarine (4 tsp) Jelly (8 tsp)	Orange juice (3 c) Ready-to-eat cereal (4 c crispy rice) Bagel (4) Margarine (8 tsp) 1% lowfat milk (3 c)	Orange juice (3 c) **Cooked rice cereal White toast (4 slices) Margarine (8 tsp) 1% lowfat milk (2 c)	Orange juice (3 c) Scrambled eggs (4) Turkey bacon (8 slices) Bagel (4) Margarine (4 tsp)	Orange juice (3 c) Ready-to-eat cereal (4 c crispy rice) English muffin (4) Margarine (8 tsp) 1% lowfat milk (3 c)	Orange juice (3 c) Ready-to-eat cereal (4 c crispy rice) *Muffins Margarine (8 tsp) 1% lowfat milk (3 c)	Orange juice (3 c) *Rice pancakes Applesauce (2 c) Melon (1-1/3 c) 1% lowfat milk (2 c)
L U N C H	*Skillet chicken w/potatoes Cooked peas (1-1/3 c) Sliced peaches (1-1/3 c) Whole wheat bread (4 slices) Margarine (4 tsp) 1% lowfat milk (2 c)	*Black bean chili **Meatloaf Noodles (8 c) Margarine (8 tsp) Orange slices (2 c) 1% lowfat milk (2 c) w/coconut powder (2 oz)	*Tuna/cheese sandwich Leaf lettuce (2 c) Bananas (1-1/4 c) Apples (2 c) 1% lowfat milk (2 c)	Baked ham (12 oz) *Baked diced potatoes **Orange gelatin salad 1% lowfat milk (2 c)	**Cajun chicken **Shoestring potatoes Macaroni (5 c) Orange juice (3 c) Margarine (8 tsp) 1% lowfat milk (2 c)	**Herbed-baked fish Whipped potatoes (6 c) Carrots (1-1/3 c) Orange juice (5 c) 1% lowfat milk (2 c) w/coconut powder (2 oz)	Baked meat balls (12) Buns (4) Stove-top baked beans (4 c) **Sugar cookies Orange juice (3 c) 1% lowfat milk (2 c)
D I N E R	Cheeseburger (4) Rice (6 c) Apple-orange salad (2 apples, 2 oranges) 1% lowfat milk (2 c)	*Chicken, noodles, green beans Rice (6 c) White bread (4 slices) Margarine (16 tsp) Orange juice (3 c) 1% lowfat milk (2 c)	Baked chicken (1 lb) *Macaroni/vegetables Orange slices (2 c) White bread (4 slices) Margarine (8 tsp) 1% lowfat milk (2 c)	*Beef chuck wagon stew Rice (8 c) White soft rolls (4) Margarine (4 tsp) 1% lowfat milk (2 c) Oranges, mandarin (1-1/3 c)	**Mustard-glazed fish *Broccoli and spaghetti White bread (4 slices) Margarine (8 tsp) Apple/banana slices (2 c) 1% lowfat milk (2 c)	*Stuffed peppers Leaf lettuce (2 c) Orange salad dressing (8 tsp) French bread (4 slices) Margarine (8 tsp) 1% lowfat milk (2 c)	**Egg cheese casserole Orange slices (2 c) Banana slices (2 c) 1% lowfat milk (2 c)
S N A C K	Popcorn (6 c) Lemonade (4 c)	Popcorn (6 c)	*Chocolate cake	Popcorn (6 c) Orange juice (3 c)	Baked French fries (11 oz) Lemonade (4 c)	Ice milk fudgesicle (4)	**Shoestring potatoes Lemonade (4 c)

\*Recipes were tested and sensory-evaluated in the food laboratory and by households.

\*\*Recipes were tested and sensory-evaluated in the food laboratory.

Note: Daily menus are designed in no specific sequence. Amounts of foods that a family is expected to use are shown in parentheses for most foods. **Amounts of allowed margarine and milk can be combined or divided differently at meals.**

# Food List

## Week I: Food for a Family of Four<sup>1</sup>

### Fruits and Vegetables

#### Fresh<sup>2</sup>:

Apples	(6 small) 1 lb 8 oz
Bananas	(11 medium) 2 lb 12 oz
Melon	1 lb
Oranges	(26 small) 5 lb 7 oz
Cabbage	4 oz
Carrots	1 lb 4 oz
Celery	3 oz
Green pepper	3 oz
Lettuce, leaf	4 oz
Onions	2 lb 8 oz
Potatoes	11 lb 14 oz
Zucchini	7 oz

#### Canned:

Applesauce	2 oz
Peaches	1 lb 10 oz
Pears	13 oz
Green beans	12 oz
Spinach	10 oz
Tomato paste	6 oz
Tomato sauce	1 lb 1 oz
Tomato soup	10.5 oz

#### Frozen:

Orange juice, concentrate	8 12-oz cans
Green beans	5 oz
Peas	5 oz

### Breads, Cereals, and Other Grain Products

Bagels, plain, enriched	(8) 1 lb
Bread crumbs	2 oz
Bread, white, enriched	2.2 lb
English muffins	8
French bread, enriched	8 oz
Hamburger buns, enriched	8
Crackers, snack, low salt	4 oz
Oatmeal, quick, rolled oats	3 oz
Ready-to-eat cereal (flakes)	6 oz
Barley, pearl	4 oz
Flour, enriched	1 lb 8 oz
Macaroni, enriched	1 lb 11 oz
Noodles, yolk-free, enriched	2 lb 3 oz
Rice, enriched	2 lb 5 oz

### Milk and Cheese

Evaporated milk	16 fl oz
Milk, 1% lowfat	10 qt
Milk, whole	3 qt
Cheddar cheese	8 oz

### Meat and Meat Alternates

Beef chuck roast	2.5 lb
Beef, ground, lean	2.4 lb
Chicken, fryer	1.5 lb
Fish	
Breaded portions, frozen	1 lb
Cod, frozen	1 lb
Tuna fish, chunk-style, water-pack	12 oz
Turkey breast	2 lb 4 oz
Turkey, ground	2 lb
Turkey ham (deli)	11 oz
Beans, kidney, canned	1 lb 11 oz
Beans, lima, dry	6 oz
Beans, northern, canned	9 oz
Beans, garbanzo (chickpeas), canned	10 oz
Eggs, large	16

### Fats and Oils

Margarine, stick	7 oz
Shortening	2 oz
Salad dressing, mayonnaise-type	1 lb
Vegetable oil	9 fl oz

### Sugars and Sweets

Sugar, brown	2 oz
Sugar, granulated	1 lb
Chocolate pudding, instant	3 oz
Lemonade (ready-to-drink)	1 gal

### Other Food Items<sup>3</sup>

Baking powder
Baking soda
Beef bouillon cubes
Black pepper, red pepper
Catsup
Chicken bouillon cubes
Chili powder
Cinnamon
Cornstarch
Cumin
Dry mustard
Gelatin, unflavored
Lemon juice, bottled
Onion powder
Oregano
Paprika
Parsley flakes
Salt
Soy sauce
Sweet pickle relish
Vanilla
Vinegar

<sup>1</sup>Provides food for a family of four. Amounts of food shown are for foods **actually used** during the week.

<sup>2</sup>Substitute other fruits or vegetables in season that contain similar nutrients if they are better buys.

<sup>3</sup>Small amounts used in preparing recipes and other foods in the Week I menus; purchase as needed.

# Food List

## Week II: Food for a Family of Four<sup>1</sup>

### Fruits and Vegetables

#### Fresh<sup>2</sup>:

Apples	(5 small) 1 lb 4 oz
Bananas	(11 medium) 2 lb 12 oz
Grapes	1 lb 8 oz
Melon	1 lb
Oranges	(22 small) 4 lb 12 oz
Carrots	1 lb
Celery	5 oz
Green pepper	4 oz
Lettuce, leaf	9 oz
Onions	1 lb 4 oz
Potatoes	10 lb 8 oz
Tomatoes	6 oz

#### Canned:

Oranges, mandarin	13 oz
Peaches, canned, light-syrup	1 lb 10 oz
Mushrooms, canned	4 oz
Spaghetti sauce	26 oz
Tomato sauce	8 oz

#### Frozen:

Orange juice, concentrate	7 12-oz cans
Broccoli	6 oz
French fries	11 oz
Green beans	1 lb 7 oz
Peas	15 oz

### Breads, Cereals, and Other Grain Products

Bagels, plain, enriched	(4) 8 oz
Bread crumbs	3 oz
Bread, French	4 oz
Bread, white, enriched	2 lb
Bread, whole-wheat	1 lb
Hamburger buns, enriched	8
Rolls, dinner, enriched	4
Ready-to-eat cereal	
Corn flakes	1 oz
Toasted oats	10 oz
Flour, enriched	1 lb 7 oz
Macaroni, enriched	1 lb 5 oz
Noodles, yolk-free, enriched	1 lb 2 oz
Popcorn, microwave, unpopped	3 oz
Rice, enriched	3 lb 2 oz
Spaghetti, enriched	11 oz

### Milk and Cheese

Evaporated milk	4 oz
Milk, 1% lowfat	9 qt
Milk, whole	4 qt
Cheese, cheddar	2 oz
Cheese, cottage	7 oz
Cheese, mozzarella	1 oz

### Meat and Meat Alternates

Beef, ground, lean	3 lb 15 oz
Chicken, fryer	1 lb 13 oz
Chicken, thighs	2 lb 12 oz
Fish (flounder, cod), frozen	2 lb
Tuna fish, chunk-style, water-pack	12 oz
Pork, ground	1 lb 7 oz
Turkey, ground	1 lb
Turkey ham	11 oz
Beans, garbanzo (chickpeas), canned	15 oz
Beans, kidney, canned	15 oz
Beans, vegetarian, canned	1 lb 9 oz
Eggs, large	17

### Fats and Oils

Margarine, stick	15 oz
Shortening	4 oz
Salad dressing, mayonnaise-type	6 fl oz
Vegetable oil	9 fl oz

### Sugars and Sweets

Sugar, brown	1 oz
Sugar, powdered	3 oz
Sugar, granulated	9 oz
Jelly	8 oz
Molasses	1 fl oz
Pancake syrup	2 oz
Chocolate chips, semi-sweet	2 oz
Fruit drink	1 gal
Fudgesicles, ice milk	4

### Other Food Items<sup>3</sup>

Baking powder
Baking soda
Black pepper
Catsup
Chicken broth, reduced sodium
Chili powder
Cinnamon
Chocolate drink mix, powdered
Cumin
Dried onion
Garlic powder
Gelatin, unflavored
Italian herb seasoning
Lemon juice, bottled
Oregano
Paprika
Salt
Soy sauce, reduced sodium
Vanilla

<sup>1</sup>Provides food for a family of four. Amounts of food shown are for foods **actually used** during the week.

<sup>2</sup>Substitute other fruits or vegetables in season that contain similar nutrients if they are better buys.

<sup>3</sup>Small amounts used in preparing recipes and other food items in the Week II menus; purchase as needed.

# Food List

## Week III: Food for a Family of Four<sup>1</sup>

### Fruits and Vegetables

#### Fresh<sup>2</sup>:

Apples	(9 small) 2 lb
Bananas	(11 medium) 2 lb 12 oz
Oranges	(21 small) 4 lb 8 oz
Melon	1 lb
Carrots	11 oz
Lettuce leaf	8 oz
Celery	3 oz
Green pepper	1 lb 9 oz
Potatoes	11 lb 3 oz
Onions	15 oz

#### Canned:

Applesauce	1 lb 1 oz
Peaches, light syrup	11 oz
Oranges, mandarin	13 oz
Mushrooms	4 oz
Tomato paste	2 oz
Tomato soup (low sodium)	2 10.5 oz cans
Tomatoes	15 oz

#### Frozen:

Orange juice, concentrate	7 12-oz cans
Broccoli	7 oz
Carrots	12 oz
French fries	11 oz
Green beans	15 oz
Peas	15 oz

### Breads, Cereals, and Other Grain Products

Bagels, plain, enriched	(8) 1 lb
Bread crumbs	2 oz
Bread, French	4 oz
Bread, white, enriched	1 lb 12 oz
Bread, whole-wheat	4 oz
English muffins	4
Flour, enriched	1 lb 7 oz
Ready-to-eat cereal	
Crispy rice	11 oz
Macaroni, enriched	10 oz
Noodles, yolk-free, enriched	1 lb 5 oz
Popcorn, microwave, unpopped	4 oz
Rice, enriched	3 lb 4 oz
Rolls, canned, enriched	4 oz
Spaghetti, enriched	8 oz

### Milk and Cheese

Milk, 1% lowfat	11 qt
Milk, whole	2 1/4 qt
Cheese, cheddar	6 oz
Cheese, mozzarella	3 oz
Cheese, parmesan	1/2 oz

### Meat and Meat Alternates

Beef, ground, lean	3 lb 5 oz
Beef, round	1 lb 5 oz
Chicken, drumsticks	1 lb 6 oz
Chicken, fryer	1 lb 8 oz
Chicken, thighs	3 lb
Fish (cod, pollock) frozen	2 lb
Ham, baked	14 oz
Tuna fish, canned, chunk-style, waterpack	12 oz
Beans, black, canned	11 oz
Beans, garbanzo (chickpeas), canned	10 oz
Beans, vegetarian	2 lb
Eggs, large	17

### Fats and Oils

Margarine, stick	1 lb 2 oz
Turkey bacon	11 oz
Vegetable oil	13 fl oz

### Sugars and Sweets

Sugar, powdered	3 oz
Sugar, granulated	1 lb
Lemonade (ready-to-drink)	3 qt

### Other Food Items<sup>3</sup>

Baking powder
Baking soda
Black pepper
Catsup
Chicken broth, reduced sodium
Chili powder
Cinnamon
Chocolate drink mix, powdered
Cocoa
Dried onion
Garlic powder
Gelatin
Jelly
Mustard, prepared
Oregano
Paprika
Parsley, dried
Salad dressing, mayonnaise-type
Salt
Shortening
Soy sauce, low sodium
Sugar, dark, corn
Thyme, dried
Vanilla
Vinegar, white

<sup>1</sup>Provides food for a family of four. Amounts of food shown are for foods **actually used** during the week.

<sup>2</sup>Substitute other fruits or vegetables in season that contain similar nutrients if they are better buys.

<sup>3</sup>Small amounts used in preparing recipes and other food items in the Week III menus; purchase as needed.

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## Thrifty Food Plan, 1999: Publications

