

## \$20 Until Payday Food Plan

A simple emergency food plan for 3–5 days on \$20.

Shopping List:

Item	Approx Price
Rice (2 lb)	\$2.00
Pasta	\$1.20
Bread/Tortillas	\$1.50-\$2.00
Oats	\$2.00
Eggs (12)	\$2.00-\$2.50
Beans (2 cans)	\$2.00
Peanut Butter	\$2.00
Frozen Veg	\$2.00
Onions	\$1.00
Carrots	\$1.00

Meal Outline:

Day 1 Breakfast: Oatmeal + PB

Day 1 Lunch: Rice + beans + veg

Day 1 Dinner: Pasta + sauce

Repeat variations across 3–5 days.