BREAKFAST: Spinach and Tomato Baked Egg ($5.02/$1.26 per serving) - Serves 4

1 Tablespoon olive oil ($0.13)
1 medium onion, diced ($0.30)
3 cloves garlic, minced ($0.15)
1 jalapeno, seeded and finely chopped (optional) ($0.10)
1 teaspoon ground cumin ($0.12)
½ teaspoon smoked paprika ($0.05)
½ teaspoon chili flakes ($0.03)
1 28 oz. can crushed tomatoes with juice ($1.15)
Salt and pepper to taste
3 cups baby spinach leaves, coarsely chopped ($1.50)
1 Tablespoon fresh marjoram leaves, or oregano (1 teaspoon dry if fresh is unavailable) ($0.25)
4 large eggs ($0.64)
2 Tablespoons grated parmesan (optional) ($0.60)

1. Preheat oven to 425°.
2. Heat olive oil in a large skillet on medium-high heat, sauté onion, garlic, and jalapeno until softened. Stir in cumin and red chili flakes, cook 1 minute to release the flavor, add tomatoes, juice, and salt, cook for 5-7 minutes.
3. With the back of a wooden spoon, smash tomatoes to break them apart. Reduce the heat to medium, add kale leaves and marjoram (or oregano) and simmer 12-15 minutes until slightly thickened and kale is tender.
5. Place in the oven and bake until the whites of the eggs become opaque about 10-12 minutes.
6. Let rest a few minutes. Serve with crusty bread

LUNCH: Curried Chicken and Mango Salad ($13.59/ $3.40) - Serves 3-4

1 lb skinless, boneless chicken breast ($4.99)
2 cups chicken broth, or water ($0.63)
2 teaspoons dried mixed herbs ($0.12)
3/4 cup plain Greek yogurt ($0.71)
5 teaspoons curry powder ($0.50)
1 teaspoon turmeric ($0.10)
1 tablespoon fresh lime juice ($0.30)
1 teaspoon agave or honey ($0.05)
1/2 teaspoon ground cumin ($0.06)
½-1 teaspoon fresh grated ginger ($0.05)
¾ cup diced red onion ($0.45)
1 firm-ripe mango (3/4 pound), peeled, pitted, and chopped ($1.50)
½ cup diced celery ($0.15)
½ cup diced red bell pepper ($0.50)
1/2 cup roasted cashews, coarsely chopped ($1.43)
Salt and pepper to taste
Greens to serve ($2.05)
1. Combine chicken with broth or water and Italian seasoning in a saucepan. Bring to a boil, then reduce to a simmer. Simmer with a lid semi covering the pot for 6 minutes, then turn off the heat and cover completely, set aside for 15 minutes or until chicken is cooked through, which is an internal temperature of 165 degrees.
2. Remove chicken from liquid cool for 10 minutes, then chop into bite-size pieces.
3. In a large bowl, combine remaining ingredients, mix well and add in chicken, stir gently to combine. Serve on a bed of greens.

DINNER: Miso Soba Noodle Soup ($14.63/$3.66) - Serves 4

1 tablespoon black sesame oil or vegetable oil ($0.35)
1/2 cup chopped leeks ($1.20)
1 tablespoon minced garlic ($0.15)
1 tablespoon fresh grated ginger ($0.15)
2/3 cup fresh shitake mushrooms, thinly sliced ($1.45)
1 cup (packed) kale leaves, roughly chopped ($1.50)
2 tablespoon low-sodium soy sauce ($0.20)
4 cups (32 oz) dashi, chicken or vegetable broth ($1.25)
12 oz soft tofu, diced ($2.49)
1 ½ cup pea shoots or other tender green like baby spinach ($1.20)
¼ cup red miso ($1.43)
Salt and pepper and taste
8 oz soba (buckwheat) noodles, cooked and drained ($2.89)
1/2 cup scallions, chopped ($0.32)
sesame seeds and/or chili flakes, for serving

1. To make broth; heat sesame or vegetable oil over medium-high heat in a pot. Add leeks, garlic, and ginger into the pot and cook just until leeks have softened, try not to brown garlic. Add in shitake mushrooms and cook until they have softened, then add in kale and cook for 1 minute or just until kale begins to wilt.
2. Add soy sauce and dashi or broth into the pot. Bring to a boil, and cook for 3 minutes.
3. Remove ¼- ½ cup of hot stock and mix with miso, set aside. Stir in tofu and pea shoots, cook for 1 minute to heat through, and then turn off the heat. Stir in reserved miso and taste, season with salt and pepper.
4. Place noodles in four bowls, garnish with scallions, then pour hot broth over the top, garnish with sesame seeds and chili flakes if desired.