WHO IS JAMIE?

Jamie is an international student who eats a healthy diet. Jamie:

- Lives in Orchard Commons Residence.
- Stays on campus for all long weekends and holidays, but is planning a 2-day trip to Whistler with friends.
- Stays in residence until Dec 20, 2018.
- Tends to eat three meals a day and doesn’t like skipping meals.
- Keeps some healthier snack foods in their room which they pick up at the residence markets, Harvest, or the dining room.
- Drinks water most often because it is a healthy choice and saves money. They also drink coffee with milk some mornings.
- Usually eats off campus once on the weekend. For example, dinner with friends downtown on Friday night or lunch when they are out exploring the city.
- Has a mini fridge in their room and eats breakfast in their room once a week (fruit, yogurt and muesli) as they have an early class and don’t have time to visit the dining room.

CALCULATING JAMIE’S DAILY BUDGET

Jamie uses the budget calculator at food.ubc.ca/budget to calculate how much they can spend each day in term 1.

In Term 1, they’ll be away from campus:

<table>
<thead>
<tr>
<th>Event</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thanksgiving</td>
<td>0 Days</td>
</tr>
<tr>
<td>Remembrance Day</td>
<td>0 Days</td>
</tr>
<tr>
<td>Other days away</td>
<td>2 Days</td>
</tr>
<tr>
<td>Last day of term in residence</td>
<td>December 20</td>
</tr>
</tbody>
</table>

Each week, they’ll eat some meals away from Residence Dining:

- Meals eaten with Flex Dollars: 3 Meals
- Meals eaten outside of the Residence Meal Plan: 2 Meals

In an average week, Jamie will eat 16 meals per week in the dining room, 3 meals per week using flex dollars, and 2 meals per week outside of their meal plan.

For Residence Dollars, this works out to approximately $24.02/day or $168.14/week before the 25% discount.

For Flex Dollars, this works out to approximately $11.44/meal after the 5% discount.

The next page shows a sample week of meals based on an average week for a student like Jamie.

Read more...
# Open Kitchen | Term 1
## Healthy Eating Menu Plan

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch/Snack</th>
<th>Dinner</th>
<th>Daily Spend</th>
</tr>
</thead>
</table>
| Monday   | Avocado Toast $6.29 Retail ($4.72 Rez)  
Scrambled Eggs $2.59 Retail ($2.02 Rez) | Open Kitchen Signature Greens Salad $3.99 Retail ($2.99 Rez)  
Topper of Edamame, Nuts, Seeds or Tofu $3.45 Retail ($2.59 Rez) | FLEX MEAL $11.44 Flex | $19.41 Retail ($14.56 Rez) |
| Tuesday  | Savoury Steel Cut Oats $5.99 Retail ($4.49 Rez)  
237 mL Milk $1.85 Retail ($1.39 Rez) | Incredi-Bowl $6.99 Retail ($5.24 Rez) | 2 Pulled Pork Tacos $6.58 Retail ($4.94 Rez)  
Seasonal Local Vegetables $2.99 Retail ($2.24 Rez) | $25.39 Retail ($19.04 Rez) |
| Wednesday| Scrambled Eggs $2.59 Retail ($2.02 Rez)  
2 Slices Whole Wheat Toast $1.78 Retail ($1.34 Rez)  
Grilled Roma Tomatoes $1.99 Retail ($1.49 Rez) | Caesar Salad $11.99 Retail ($8.99 Rez)  
Hard Boiled Egg $1.09 Retail ($0.82 Rez) | Paneer Tikka Masala $5.49 Retail ($4.11 Rez)  
Salad Bar Small Salad $7.99 Retail ($5.99 Rez) | $36.01 Retail ($27.01 Rez) |
| Thursday | Small Cold Cereal with Milk $2.99 Retail ($2.24 Rez)  
Fruit Salad Cup $4.79 Retail ($3.59 Rez) | FLEX MEAL $11.44 Flex | Lemon Rosemary Chicken Breast $6.99 Retail ($5.24 Rez)  
Citrus Couscous $2.49 Retail ($1.87 Rez)  
Seasonal Local Vegetables $2.99 Retail ($2.24 Rez) | $21.14 Retail ($15.86 Rez) |
| Friday   | Breakfast in Room                | Vegan Pad Thai $9.99 Retail ($7.49 Rez) | Meal Off Campus                             | $13.78 Retail ($10.34 Rez) |
| Saturday | Hot Breakfast Cereal $1.99 Retail ($1.49 Rez)  
Hard Boiled Egg $1.09 Retail ($0.82 Rez)  
Pear $1.39 Retail ($1.04 Rez) | Vegetarian Lasagna $5.99 Retail ($4.49 Rez) | Custom Kitchen Build-Your-Own Stir Fry with Salmon and Brown Rice $13.29 Retail ($9.97 Rez) | $28.50 Retail ($21.38 Rez) |
| Sunday   | Open Kitchen Breakfast Entree $7.29 Retail ($5.47 Rez)  
12 oz. Coffee $1.95 Retail ($1.46 Rez) | FLEX MEAL $11.44 Flex | Lentil Loaf $4.99 Retail ($3.74 Rez)  
Seasonal Local Vegetables $2.99 Retail ($2.24 Rez) | $18.71 Retail ($14.03 Rez) |