



Grocery Deals and Meals

Eating right doesn't have to be expensive. When shopping on a budget, choose more food in the 50 cent and under category. Keep a look out for when food items in the 50 cents and above are on sale for the bang for your buck. Include a fruit or vegetable with every meal or choose fruits and veggies for a cheap go-to snack!

	Under 25 Cents	25 to 50 Cents	50 to 75 Cents	75 Cents to \$1
Grains	1 cup cold cereal 1/4 cup dried oats 1 cup dry lentils 2 oz whole grain pasta 1/4 cup dry popcorn kernels 7" whole wheat tortilla 2 slices whole grain bread	1 English muffin 1 pocket pita		
Fruits	1 banana 1/4 cup canned pineapple 1/2 cup applesauce	1 apple 1 orange	32 grapes 1 mango	1/2 cup fresh or frozen berries
Vegetables	1/2 cup carrot sticks 1 medium potato	2 celery sticks 1 cup raw cabbage 1 large sweet potato 1 cup canned tomato 1 cup frozen green beans 2 large lettuce leaves	10 broccoli florets 1 cup raw spinach 1 cup canned pumpkin 1 cup frozen green peas 1 cup cauliflower 1 cup frozen corn 1 cup cooked kale	1 green pepper
Dairy	8 oz non-fat milk		6-8 oz yogurt 6 oz cottage cheese	6-8 oz Greek yogurt
Protein	1 egg 1 cup dried beans 2 tbsp peanut butter	Egg substitute 1 cup canned beans 4 oz tofu	3 oz canned tuna 1/4 frozen shelled edamame	



Peanut Butter Banana Oatmeal (\$0.80)

1 packet oatmeal, plain, instant 1 tbsp peanut butter
1 cup skim or almond milk ¼ tsp cinnamon
1 ripe banana, sliced

Combine oatmeal, milk and half a banana in a bowl. Microwave according to package directions. Once cooked, stir in peanut butter and cinnamon. Top with other half of banana.

English Muffin with Peanut Butter, Banana & Yogurt (\$1.20)

1 whole wheat English muffin 1 banana
1 tbsp peanut butter 1 yogurt

Toast English muffin, slice banana into ½ inch slices, spread peanut butter on muffins, place banana slices on English muffins. Enjoy with a side of yogurt.

Strawberry-Waffle Sandwich (\$1.39)

2 whole grain waffles, toasted ½ cup strawberries
2 tbsp nut butter

Toast waffles, spread with nut butter. Slice strawberries and place on top of waffles.

English Muffin, Cottage Cheese, Canned Peaches (\$1.70)

½ cup cottage cheese 1 whole wheat English muffin
15 oz canned peaches, drain 1 tsp butter (or peanut butter)
juice

Pumpkin Spice Yogurt (\$1.73)

6 oz. plain Greek yogurt 1 oz pecans
¼ cup canned pumpkin puree Sprinkle of cinnamon

Mix all ingredients together. Enjoy!

Mexican Beans and Rice (\$1.90)

½ cup frozen brown rice ¼ cup salsa
½ cup black beans (season to ¼ avocado, cubed
taste Cumin and garlic powder, to
with cumin and garlic powder) taste

Microwave brown rice according to package directions. Stir in black beans and salsa. Top with avocado and season with cumin and garlic to taste.

1 lb ground beef 2 T chili powder
1 (8oz) bag Birds Eye recipe ¼ t salt
Chopped green peppers & ½ t dried oregano
onions 2 T sour cream
1 can (15.5 oz) red kidney 2 T cheddar cheese
beans, rinsed and drained Baked Tostitos Scoops (16
1 can (14.5oz) diced tomatoes chips)

Chili & Chips (\$3.11 per serving; 4 total)

Brown ground beef with Recipe Ready Chopped Green Peppers & Onions in medium saucepot. Add remaining ingredients and

Grilled Chicken, Brown Rice, Baked Zucchini & Squash (\$1.95)

4 oz chicken breast ½ medium zucchini
¾ cup brown Rice ½ medium squash

Place aluminum foil on half of grill. Heat grill. Slice zucchini and squash into ½ inch slices. Lightly salt and pepper vegetables and stir with 1 Tbsp of Olive oil. Add seasoning of choice on both sides of chicken breast. Place thawed chicken on side of grill without aluminum foil, place vegetables on side with aluminum foil. Stir vegetables occasionally. Flip chicken after a couple minutes and cook a couple more minutes until no longer pink in center.

Pasta Shells and Broccoli (\$2.15 per serving; 6 total)

2 cups marinara sauce 1 (10oz) package frozen
2½ cups ricotta cheese chopped spinach
½ cup Parmesan cheese 1 large egg yolk
½ tsp onion powder 1 clove of garlic
½ tsp dried oregano 24 cooked jumbo pasta shells
¼ tsp salt (look for whole-wheat)
¼ tsp pepper 1 cup frozen broccoli

Preheat oven to 350°. Spread 1/2 cup Basic Marinara over bottom of a 9x13 inch baking dish coated with cooking spray. Combine ricotta and next 8 ingredients (through garlic) in a large bowl, stirring well. Spoon about 1 1/2 tablespoons filling into each pasta shell. Arrange stuffed shells in prepared dish; spread with remaining 1 1/2 cups Basic Marinara. Cover and bake at 350° for 30 minutes. Let stand 5 minutes before serving.

Hummus & Veggie Sandwich, Apple, Milk (\$2.34)

Toast bread slices in toaster; slice all vegetables into thin slices.

2 slices 100% whole wheat 1 medium tomato
bread 1/3 medium green pepper
¼ cup hummus 1 granny smith apple
¼ medium cucumber 1 cup skim milk

Spread hummus and place vegetables on toast. Enjoy with an apple and glass of milk.

Easy Chicken Lettuce Cups (\$2.73)

Grill chicken and cut into bite sized pieces. Mix the chicken with

3 oz grilled chicken, shredded ¼ avocado
½ c. corn 3 collard green leaves
¼ c. salsa

corn, salsa, and avocado. Place a small amount of the mixture on each collard green. Wrap the greens (like a burrito) and dip into additional salsa (optional).

Tuna Melt (\$1.90)

½ can water-packed tuna 2 slices of tomato
3 tbsp Greek yogurt 1 whole-grain English muffin
1 slice of cheddar cheese salt and pepper, to taste

Stir together tuna and Greek yogurt. Season to taste with salt and pepper. Spoon onto English muffin half and top with cheese. Microwave for about 10 seconds, or until cheese is melted. Top with tomato.