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!

<table>
<thead>
<tr>
<th></th>
<th>Under 25 Cents</th>
<th>25 to 50 Cents</th>
<th>50 to 75 Cents</th>
<th>75 Cents to $1</th>
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<tbody>
<tr>
<td><strong>Grains</strong></td>
<td>1 cup cold cereal</td>
<td>1 English muffin</td>
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<td></td>
<td>1/4 cup dried oats</td>
<td>1 pocket pita</td>
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<td></td>
<td>1 cup dry lentils</td>
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<td></td>
<td>2 oz whole grain pasta</td>
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<td></td>
<td>1/4 cup dry popcorn kernals</td>
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<td></td>
<td>7&quot; whole wheat tortilla</td>
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<tr>
<td></td>
<td>2 slices whole grain bread</td>
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<tr>
<td><strong>Fruits</strong></td>
<td>1 banana</td>
<td>1 apple</td>
<td>32 grapes</td>
<td>1/2 cup fresh or frozen berries</td>
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<tr>
<td></td>
<td>1/4 cup canned pineapple</td>
<td>1 orange</td>
<td>1 mango</td>
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<td></td>
<td>1/2 cup applesauce</td>
<td>2 celery sticks</td>
<td>10 broccoli florets</td>
<td>1 green pepper</td>
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<td></td>
<td>1/2 cup carrot sticks</td>
<td>1 cup raw cabbage</td>
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<td></td>
<td>1 medium potato</td>
<td>1 large sweet potato</td>
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<td></td>
<td>1 cup canned tomato</td>
<td>1 cup canned tomato</td>
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<td></td>
<td>1 cup frozen green beans</td>
<td>1 cup frozen green beans</td>
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<td></td>
<td>2 large lettuce leaves</td>
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<tr>
<td><strong>Vegetables</strong></td>
<td>8 oz non-fat milk</td>
<td>6-8 oz yogurt</td>
<td>6-8 oz Greek yogurt</td>
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<tr>
<td></td>
<td></td>
<td>6 oz cottage cheese</td>
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<tr>
<td><strong>Dairy</strong></td>
<td>1 egg</td>
<td>Egg substitute</td>
<td>3 oz canned tuna</td>
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<td></td>
<td>1 cup dried beans</td>
<td>1 cup canned beans</td>
<td>1/4 frozen shelled edamame</td>
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<tr>
<td></td>
<td>2 tbsp peanut butter</td>
<td>4 oz tofu</td>
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</tbody>
</table>

**BEST DEALS YEAR ROUND**

**BEST DEALS ON SALE**
**Peanut Butter Banana Oatmeal ($0.80)**
- 1 packet oatmeal, plain, instant
- 1 tbsp peanut butter
- 1 cup skim or almond milk
- 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.

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**Grilled Chicken, Brown Rice, Baked Zucchini & Squash ($1.95)**
- 4 oz chicken breast
- ¾ cup brown Rice
- ½ medium zucchini
- 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.

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**English Muffin with Peanut Butter, Banana & Yogurt ($1.20)**
- 1 whole wheat English muffin
- 1 tbsp peanut butter
- 1 banana
- 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.

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**Strawberry-Waffle Sandwich ($1.39)**
- 2 whole grain waffles, toasted
- 2 tbsp nut butter
- ½ cup strawberries

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

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**Easy Chicken Lettuce Cups ($2.73)**
- 4 oz chicken breast
- ½ c. corn
- ¼ avocado
- 3 collard green leaves
- ¼ c. salsa

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

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**Chili & Chips ($3.11 per serving; 4 total)**
- 1 lb ground beef
- 2 T chili powder
- 1 (8oz) bag Birds Eye recipe Chopped green peppers & onions
- ¼ t salt
- ¹⁄₂ cup frozen red kidney beans, rinsed and drained
- 2 T cheddar cheese
- 1 can (14.5oz) diced tomatoes

Brown ground beef with Recipe Ready Chopped Green Peppers & Onions in medium saucepot. Add remaining ingredients and simmer uncovered, 20 minutes. Serve, if desired with shredded Cheddar cheese and sour cream.

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**Pasta Shells and Broccoli ($2.15 per serving; 6 total)**
- 2 cups marinara sauce
- 1 (10oz) package frozen
- 2²/₃ cups ricotta cheese
- chopped spinach
- ¹⁄₂ cup Parmesan cheese
- 1 large egg yolk
- ¹⁄₃ tsp onion powder
- 1 clove of garlic
- ¹⁄₃ tsp dried oregano
- 24 cooked jumbo pasta shells
- ¹⁄₄ tsp salt

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.

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**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!

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**Hummus & Veggie Sandwich, Apple, Milk ($2.34)**
- 2 slices 100% whole wheat bread
- 1 medium tomato
- 1/3 medium green pepper
- 1 Granny smith apple
- 1 medium cucumber
- 1 cup skinn milk

Toast bread slices in toaster; slice all vegetables into thin slices. Spread hummus and place vegetables on toast. Enjoy with an apple and glass of milk.

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**Mexican Beans and Rice ($1.90)**
- ½ cup frozen brown rice
- ½ cup salsa
- ½ cup black beans (season to taste)
- ½ avocado, cubed
- 1 tsp butter (or peanut butter)
- Cumin and garlic powder, to taste

Mix all ingredients together. Enjoy!

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**English Muffin, Cottage Cheese, Canned Peaches ($1.70)**
- ½ cup cottage cheese
- 1 whole wheat English muffin
- 1 tsp butter (or peanut butter)
- 15 oz canned peaches, drain juice

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.

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- 1 medium cucumber
- 1 cup skinn milk

Toast bread slices in toaster; slice all vegetables into thin slices. Spread hummus and place vegetables on toast. Enjoy with an apple and glass of milk.

---

**Easy Chicken Lettuce Cups ($2.73)**
- 3 oz grilled chicken, shredded
- ½ c. corn
- 3 collard green leaves
- ¼ c. salsa

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

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**Tuna Melt ($1.90)**
- ¾ 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.

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**Strawberry-Waffle Sandwich ($1.39)**
- 2 whole grain waffles, toasted
- 2 tbsp nut butter
- ½ cup strawberries

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