



WITH PER SERVING
ESTIMATES TO
HELP BUILD YOUR
BUDGET

SAVE MORE

Money Saving Meal Plan

ON THE MENU

Welcome

Budget Friendly Tips

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**Per serving prices are based on pricing from one grocery store, in person, and are estimates. Check your store's weekly flyer and aisle ends for sales to build your own recipes around!





WELCOME! LET'S GET PREPPING!

“Healthy food is expensive.”

It’s an excuse we’ve all heard (or told ourselves!), but healthy food costs more than what? A gym membership you never use? Juice cleanses? Packaged foods and fast food? Eating out every day?

If that’s the excuse you’ve been using to put off improving your diet, I’m sorry to burst your bubble, but it’s simply not true. Healthy food doesn’t mean \$10 juices and \$12 açai bowls. Healthy food doesn’t have to be elite. It also doesn’t have to be boring.

Buying food — any food — can be expensive if you don’t plan ahead. But with a little creativity, you can fill your fridge and pantry with healthy, whole foods without breaking the bank!

BUDGET FRIENDLY TIPS



Don't be afraid to plan repeats

When you're creating your meal prep plan, remember that there's no need to cook something different for breakfast, lunch, and dinner each day. Just choose two or three of your favorite recipes for each meal, and simply double or triple the recipe so you can have it multiple times throughout the week.



Frozen and canned can be just as good as fresh

Canned and frozen produce is picked at its prime and either flash-frozen or heated/pasteurized and packaged immediately, so they can be just as healthy as their fresh counterparts. Frozen fruits and veggies last longer which cuts down on waste. Just make sure your bag or can is JUST produce — look for no sodium added and skip the ones that come with butter or sauces or added sugar.



Look for shortcuts

Make it easy on yourself if you're willing to swap a few extra dollars to save a little extra prep time. Many grocery store chains offer pre-chopped veggies, zoodles, "pre-priced" cauliflower rice, peeled and diced fruit, pre-washed salad greens, and pre-cooked proteins like fish, chicken, and tempeh.



Meal plan & batch prep foods you love

Prep staples — like rice, oats, lentils, and yams — in bulk. You'll return to them again and again, and they can take the longest to cook. You can make a pot of rice, use some now for a meal, refrigerate a portion, and freeze a portion to be used later.

Rice & Beans

Ingredients

- 1¼ cups dry red beans, rinsed
- Water
- 1 medium onion, chopped
- 2 medium celery stalks, sliced
- 2 cloves garlic, finely chopped
- 1 tsp dried basil, crushed
- 1 bay leaf
- 2 cups low-sodium vegetable broth
- 1 cup water
- 1 (14.5-oz.) can stewed tomatoes
- 1 (4-oz.) can diced green chiles, undrained
- Hot sauce (like Tabasco) to taste; optional
- 3 cups cooked brown rice, warm

Prep Time: 5 Minutes

Cook Time: 11 Hours

Serves: 6

\$0.70
per serving



Method

Place beans in large saucepan. Add enough water to cover beans by two inches. Bring to a boil over medium-high heat. Reduce heat; gently boil for 10 minutes. Remove from heat, cover, and let stand for one hour.

Place beans, onion, celery, garlic, basil, bay leaf, broth, water, and tomatoes in 4-quart slow cooker. Cover; cook on low heat for 9 to 10 hours (or on high heat for 4 to 5 hours), or until beans are tender.

Remove bay leaf. Add chiles and hot sauce (if desired); cook for an additional 30 minutes.

Place ½ cup rice in each of six serving bowls. Top evenly with bean mixture.

Make this a meal with some pulled pork or a side salad.

Baked Oatmeal Cups

Ingredients

- Nonstick cooking spray
- 2 large eggs, lightly beaten
- 1 tsp. pure vanilla extract
- 2 large bananas, mashed
- 1 Tbsp. honey
- 2½ cups dry rolled oats
- 1 Tbsp. ground cinnamon
- 1½ tsp. baking powder
- 1½ cups unsweetened almond milk
- ¾ cup chopped raw walnuts
- ¼ cup raisins

Method

Preheat oven to 350° F.

Prepare twelve muffin cups by coating with spray. Set aside.

Combine eggs, extract, bananas, and honey in a large bowl; mix well. Set aside. Combine oats, cinnamon, and baking powder in a medium bowl; mix well. Add oat mixture to egg mixture; mix well. Add almond milk; mix well. Divide oat mixture evenly between prepared muffin cups.

Top evenly with walnuts and raisins.

Bake 26 to 30 minutes, or until golden brown and toothpick inserted into the center comes out clean.

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Serves: 12

\$0.45
per serving



Turkey Chili

Ingredients

- 1 tsp. olive oil
- 1 large onion, chopped
- 1 medium red bell pepper, chopped
- 1 medium yellow bell pepper, chopped
- 1 lb. raw 93% lean ground turkey
- 1 (28-oz.) can chopped tomatoes
- 2 (15-oz. each) cans kidney beans, rinsed, drained
- 1 tsp. chili powder
- ½ tsp. sea salt (or Himalayan salt)
- Crushed red peppers (to taste; optional)
- 12 sprigs parsley, chopped

Prep Time: 10 Minutes

Cook Time: 25 Minutes

Serves: 6

\$2.72
per serving



Method

Heat oil in a large saucepan over medium-high heat.

Add onion and bell peppers; cook, stirring frequently, for 4 to 5 minutes, or until onion is soft. Add turkey; cook for 4 to 5 minutes, or until turkey is browned. Add tomatoes, beans, chili powder, salt, and red peppers; cook, stirring frequently, for 10 to 15 minutes.

Divide turkey chili into 6 serving bowls and garnish with parsley if desired.

Spinach Salad with Quinoa & Chickpeas

Ingredients

- 1½ cups dry quinoa
- Water
- Sea salt (to taste; optional), divided use
- ¼ cup sherry wine vinegar
- 2½ tsp. paprika
- Ground black pepper (to taste; optional)
- 2 Tbsp. extra-virgin olive oil
- 4 cups raw baby spinach leaves, washed, dried
- 2 (15-oz.) cans chickpeas, drained, rinsed
- 1 medium cucumber, unpeeled, chopped
- 2½ cups halved cherry tomatoes
- 1 cup fresh mint leaves
- 1½ cups coarsely crumbled feta cheese, divided

Prep Time: 10 Minutes

Cook Time: 16 Minutes

Serves: 12

\$1.48
per serving

Method

Place quinoa in a large saucepan; add water to cover by 1-inch. Season with salt if desired. Bring to a boil over medium-high heat. Reduce heat to medium-low; cover and gently boil for 15 to 16 minutes, or until quinoa is tender. Drain if there is excess liquid. Chill, covered in the refrigerator, for 4 hours or until cool.

Combine vinegar, and paprika in a small bowl. Season with salt and pepper if desired; slowly whisk in oil to blend. Set aside.

Combine spinach, chickpeas, cucumber, tomatoes, mint, and 1 cup cheese in a large bowl; mix well.

Add cooled quinoa to spinach mixture; toss gently to blend. Drizzle dressing over salad; toss gently to blend. Sprinkle remaining ½ cup cheese over salad; serve immediately.



Lentil Soup

Ingredients

- 1 Tbsp. olive oil
- 3 medium onions, chopped
- 2 cloves garlic, finely chopped
- 2 medium carrots, chopped
- 1 lb. dry lentils, sorted, rinsed
- 6 cups low-sodium vegetable (or chicken) broth
- Sea salt and ground black pepper

Method

Heat oil in large, saucepan over medium-high heat.

Add onions, garlic, and carrots; cook, stirring frequently, for 5 to 6 minutes, or until onions are soft.

Add lentils and broth. Bring to a boil. Reduce heat to medium; cook, covered, at a gentle boil for 30 minutes, or until lentils are soft. (Add additional warm water if soup becomes too thick.)

Season with salt and pepper if desired.

Prep Time: 10 Minutes

Cook Time: 36 Minutes

Serves: 12

\$0.45
per serving



Chicken Quinoa Salad

Pro tip: Store-bought rotisserie chicken is very versatile. You can bone and skin the chicken and use the leftover meat in other recipes throughout the week. It's great in sandwiches, soups, and salads!

Ingredients

- 1 cup cooked quinoa
- 3 oz. shredded rotisserie chicken breast
- 1 oz. raw walnuts, coarsely chopped
- 1 medium orange, peeled, chopped
- 2 Tbsp. chopped fresh cilantro leaves
- 2 tsp. extra-virgin olive oil
- 2 tsp. red wine vinegar
- $\frac{1}{4}$ tsp. sea salt (or Himalayan salt)
- 1 dash ground black pepper

Method

Combine quinoa, chicken, walnuts, orange, and cilantro in a medium bowl; mix well.

Drizzle with oil and vinegar. Season with salt and pepper; toss gently to blend.

Mix well and enjoy.

Prep Time: 10 Minutes

Cook Time: 0 Minutes

Serves: 2

\$2.20
per serving



Slow Cooker Steel-Cut Apple Cinnamon Oatmeal

Ingredients

- Nonstick cooking spray
- 1½ cups water
- 1½ cups unsweetened almond milk
- 3 cups dry steel-cut oats
- 5 small apples, chopped
- ¼ tsp. sea salt (or Himalayan salt)
- 1 tsp ground cinnamon
- 2 Tbsp. pure maple syrup
- 2 Tbsp. ground flax seed

Prep Time: 10 Minutes

Cook Time: 7 Hours

Serves: 10

\$0.45
per serving

Method

Lightly coat inside of slow cooker with spray.

Add water, almond milk, oats, apples, salt, cinnamon, maple syrup, and flax seed; mix well. Cook for 5 to 7 hours on low (or 2 to 3 hours on high), or until edges are brown but not burned.

Leftover oatmeal can be stored in the refrigerator for up to 4 days, or frozen in individual portions.



Sweet Potato Skins

Ingredients

- 4 baked medium sweet potatoes, cut in half
- 1 tsp olive oil
- ½ tsp sea salt (or Himalayan salt)
- 4 oz cooked chicken breast
- 1 tsp all-natural taco seasoning. no salt added
- 1 cup steamed spinach
- ½ cup reduced-fat (2%) plain Greek yogurt
- ¼ cup chopped fresh cilantro

Prep Time: 10 Minutes

Cook Time: 10 Minutes

Serves: 4

\$2.57
per serving

Method

Heat oven to 400° F.

Scoop flesh out of the sweet potatoes and reserve for another use.

Place skins on baking sheet. Brush with oil and sprinkle with salt. Bake for 10 minutes, or until crisp.

While skins are baking, combine chicken and taco seasoning in a small bowl; mix well. Set aside.

Replace sweet potato flesh and top each sweet potato half evenly with spinach, chicken mixture, yogurt, and cilantro.



Lentil & Feta Salad

Ingredients

- $\frac{1}{3}$ cup fresh lemon juice
- 2 Tbsp extra-virgin olive oil
- $\frac{1}{2}$ tsp dried thyme (or $1\frac{1}{2}$ tsp. chopped fresh thyme)
- sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
- 3 cups cooked lentils
- $\frac{1}{2}$ cup crumbled feta cheese
- 1 medium cucumber, finely chopped
- 3 medium celery stalks, finely chopped
- 2 cups quartered cherry tomatoes
- 1 medium red bell pepper, finely chopped
- $\frac{3}{4}$ medium red onion, finely chopped
- $\frac{1}{2}$ cup fresh parsley, chopped
- $\frac{1}{4}$ cup fresh mint leaves, chopped

Prep Time: 15 Minutes

Cook Time: 1 Hour 15 Minutes

Serves: 6

\$2.23
per serving



Method

Combine lemon juice, oil, and thyme in a small bowl; whisk to blend.

Season with salt and pepper if desired. Set aside.

Combine lentils, cheese, cucumber, celery, tomatoes, bell pepper, onion, parsley, and mint in a large bowl; mix well.

Drizzle with dressing; toss gently to blend. Refrigerate, covered, for at least 1 hour (and up to 12 hours). You can eat it after an hour, but the next day is the best!

Sheet Pan Protein Nuggets

Ingredients

- Parchment paper
- Nonstick cooking spray
- 15 oz. canned low-sodium chicken, drained
- $\frac{3}{4}$ cup grated Parmesan cheese
- 4 large eggs
- $\frac{1}{2}$ cup almond flour
- $\frac{1}{2}$ tsp. ground smoked paprika
- $\frac{1}{2}$ tsp. garlic powder
- $\frac{1}{2}$ tsp. ground black pepper

Prep Time: 15 Minutes

Cook Time: 1 Hour 15 Minutes

Serves: 6

\$1.75
per serving

Method

Preheat oven to 400° F. Line a large baking sheet with parchment paper; lightly coat with spray.

Add chicken to a medium mixing bowl; shred using a fork. Add Parmesan cheese, eggs, almond flour, paprika, garlic powder, and pepper; stir to combine.

Using clean hands, roll into 30 equal-sized balls, approximately 1 Tbsp. each; flatten into nugget-shaped patties. Place nuggets in a single layer on prepared sheet; lightly coat with spray.

Bake for 10 minutes. Flip nuggets. Bake for an additional 5 minutes, or until crispy.

