

Eating Healthy on A Budget

Meal Planning:

Planning a menu for the week helps get a healthy meal on the table each night

How to feed a family of 5 on \$100 a week

Where Do I Start?

- Set aside time to make a menu with the whole family
- Plan a menu for the week
 - Incorporate ingredients already in the pantry
- Buy necessary ingredients and look for suitable substitutions to obscure ingredients
- Add fruits and veggies (35% of grocery list)



Sample Grocery List for Family of 5

<u>Fresh Produce</u>	<u>Beans/Protein</u>	<u>Dairy</u>
Carrots	Chicken breasts	Milk
Apples	Garbanzo	Eggs
Bananas	Beans (5 cans)	Shredded cheese
Broccoli	Black Beans (2 cans)	Sliced cheese
Garlic	Lunch meat	<u>Condiments</u>
Roma tomatoes		Olive oil
Cauliflower	<u>Grains</u>	Peanut butter
Potatoes	Tortillas	Tomato sauce
Avocados	Bread	Salsa
Asparagus	Oatmeal	Hot sauce
Red bell peppers	Cereal	
Lemon	Penne noodles	
	Spaghetti	

What's for dinner?

1. Spaghetti and tomato sauce
2. Roasted garbanzo bean burritos with roasted garlic and broccoli
3. Roasted tomato, cauliflower, and potato soup
4. Grilled cheese with buffalo chicken
5. Baked avocados with salsa and breadcrumbs
6. Red pepper penne with roasted asparagus
7. Left overs

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