Eating Healthy on A Budget

Meal Planning:

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

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

Where Dol 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

Spaghetti

_emon

What's for dinner? Fresh Produce Beans/Protein Spaghetti and tomato sauce Chicken breasts Carrots Milk 2. Roasted garbanzo bean Garbanzo Apples Eaas burritos with roasted garlic Bananas Beans (5 cans) Shredded and broceoti cheese Black Beans Broccoli Roasted tomato, cauliflower, Sliced cheese Garlic (2 cans)and potato soup Condiments Lunch meat Roma tomatoes 4. Grilled cheese with buffalo Olive oil Cauliflower Grains chicken Peanut butter Tertillas Potatoes Tomato sauce 5. Baked avocados with salsa Avocados Bread Salsa and breadcrumbs Asparagus Oatmeal Hot sauce Red bel Cereal 6. Red pepper penne with roasted asparagus Penne noodles peppers

7. Left overs

Eating Healthy on A Budget

Meal Planning:

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

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

Where Dol 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

Milk

Eggs

Shredded

Sliced cheese

Condiments

Peanut butter

Tomato sauce

Olive oil

Salsa

Hot sauce

cheese

• Add fruits and veggies (35% of grocery list)



Beans/Protein

Chicken breasts

Beans (5 cans)

Black Beans

Lunch meat

(2 cans)

Grains

Tertillas

Oatmeal

Cereal

Spaghetti

Penne noodles

Bread

Garbanzo

Fresh Produce

Carrots

Apples

Bananas

Broccoli

Garlic

Roma tomatoes

Cauliflower

Potatoes

Avocados

Asparagus

Red bell

peppers

Lemon



What's for dinner?

1. Spaghetti and tomato sauce

- Roasted garbanzo bean burritos with roasted garlic and broecoli
- 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