Meals in a SNAP
complete nutrition on only
$4.50 per day

APRIL HO, RD, CPT
To Jeremy, Calvin, Charissa, Stephen, and Oliver -
I will always love cooking for you.
about the author

April Ho is a Registered Dietitian and Certified Personal Trainer located in Rochester, NY. Born and raised in the area, April loves helping people in her community use food and fitness to improve their physical and emotional well-being. April completed undergraduate and graduate studies in Nutritional Sciences at Cornell University, and her work providing culinary demonstrations at local food pantries and the Rochester Public Market inspired her to create this meal plan. Currently April provides medical nutrition therapy and personal training to individual patients. Her professional interests and expertise include weight loss, gastrointestinal disease and dysfunction, autoimmune disorders, hives/allergies, and thyroid health. April lives with her husband, four children and dog, and spends her free time cooking with her family and practicing jiu jitsu.

introduction

Hello and welcome to Meals in a SNAP! The meaning of this book title is twofold, as the meal plan and recipes inside are designed to be quick and easy as well as to fit into the food budget of a SNAP (Supplemental Nutrition Assistance Program) food stamp recipient. Whether you receive SNAP benefits or not saving money is always a check in the “pros” column, and so I hope this meal plan will help people living on all different budgets. Many of these meals have become staples in my house and my kids beg me to make them on a regular basis! If you ask them, you must try the Garbage Plate Sloppy Joes, and the Sweet Potato Frittata. I hope you will find some new family favorites for your loved ones as well.

Why does America need this meal plan?

In the United States, SNAP benefits are calculated based on income. The benefit formula assumes that families will spend 30 percent of their net income on food. SNAP dollars make up the difference between that contribution and the cost of the Thrifty Food Plan, a meal plan established by the USDA and designed to be nutritionally complete at a cost of about $6.30 per day. So for example, if an individual who lives alone is able to contribute two dollars to each meal (based on the 30% rule), then SNAP benefits would equal $4.30 per day. In theory, this system ensures that every family has the money needed to acquire nutritionally complete food. However, what I’ve learned from my patients is that in order to live comfortably in other aspects of their lives, many SNAP recipients do not spend a full 30% of their salary on food. Some may not spend any of their salary on food and therefore rely completely on SNAP dollars for all of their meals. This poses a problem because unless your family has no net income, your benefits are not enough even to cover the cost of the Thrifty Food Plan. The average SNAP recipient currently receives around $4.50 per day for food (this average varies from year to year, but that was the average when I began working on this book). This plan addresses that problem as these meals can be prepared on a SNAP budget alone. Each day’s budget equals $4.50 or less, averaging about $1.50 per meal. I hope that by making these recipes and using them as inspiration for other low cost culinary creations, many families will be able to improve their health, nutrition, and quality of life.

How can this book help you save over $4,000 each year?

Hopefully by this point I’ve convinced you how useful this book is for many families with limited resources, but now I hope to convince you that this book would be useful for everyone - including YOU! Most of us have many expenses competing for the dollars in our wallets. Perhaps you are trying to pay down student loans, credit card debt, or maybe just trying to save for a vacation you’ve always wanted to take. Due to many Americans busy schedules, we often end up overspending on food, leaving us with less money to spend elsewhere. Maybe you order takeout for lunch most days of the week because you are too busy to pack a lunch in the morning? Replacing three $9 takeout meals each week with $1.50 homemade lunches saves $22.50 per week, and $1,170 per year! Now maybe you’re thinking “I rarely eat out, so I’m already saving,” but the truth is that even a home cooked meal often costs at least $6. By substituting three $1.50 meals per day for three $6.00 meals, you could save $4,914 per year!

My suggestion is of course not that anyone follow this meal plan for an entire year - that would be tedious and...
Although each individual portion of the recipes that follow is very inexpensive, most ingredients cannot be purchased in individual portions. For example, you will not be able to buy only 1 Tablespoon of soy sauce, or an 1/8th of a pound of pasta. In order to keep the cost of stockpiling your kitchen with new ingredients low, I recommend one or two new recipes to try, and eat them several times throughout the week. This will prevent food waste and also keep your grocery bill low. Second, if you are a person who is eligible for SNAP benefits, take advantage of access to free ingredients at food pantries near you. Many of the ingredients you will need for the recipes in this book are shelf stable and regularly available at food pantries.

Barrier 2: Needing to buy in bulk but not knowing how to use leftover ingredients

One of the best ways to get more for your money at the grocery store is to buy in bulk. When pricing out this meal plan, I almost always bought family packs if they were available, if you are cooking for a large household, buying in bulk won’t be a problem. However, for those cooking for one, this strategy may leave you with more leftover ingredients than you know what to do with. I recommend making good use of your freezer! I freeze everything from bread to beans, to rice, to fully prepared dinner entrees, and have saved lots of money in the process! For more information, at the end of each recipe in this book you will find tips for using up leftovers and preventing food waste.

Barrier 3: Ingredients that are too costly regardless of how and where you purchase them.

There were several foods I had a hard time working into a low budget meal plan. The most troublesome were seafood, nuts, berries, tomatoes, bell peppers, avocados, asparagus and radishes. Now if you are lucky enough to live in certain areas of the country, berries and avocados will be no problem for you, but regardless of your location you may find non-native and out of season produce to pose a challenge. For these more expensive foods, make use of some of the amazing deals offered outside of high end grocery stores. Public Markets often offer incredibly low priced produce items, and many of them also take EBT cards. Since this meal plan was priced in Rochester, I’ll give you a few examples of locations that offer amazing savings in our area:  
- Rochester Public Market
- Foodlink’s Curbside Market
- The Dollar Store (This is an especially great location for buying nuts and trail mix)
- Price Rite

Your own kitchen - When it comes to baked goods, nothing beats making them yourself. The taste of homemade breads and desserts is better than pre-packaged versions, and most breads only cost about $0.05 per serving in raw ingredients.

What barriers will you encounter when eating on a budget?

Many obstacles made developing this meal plan and putting it in practice challenging. Throughout this book you will learn my secrets for making these meals as low cost as possible. Below I discuss specific barriers to actually implementing a low budget eating pattern and how to overcome them!
**Day 1**

**Breakfast**
1 serving Sweet Potato Frittata
1 banana
1 slice whole wheat toast with 1 tsp butter ($1.22)

**Lunch**
1 serving Chickpea Tikka Masala
1 cup skim milk
1 apple ($1.62)

**Dinner**
1 serving Asian Beef Bowls
1 cup skim milk ($1.39)

**Total Cost:** $4.23

**Day 1 Total Nutrition:**
- Calories: 2149
- Fat: 81g
- Sat Fat: 21g
- Carbs: 268g
- Fiber: 39g
- Protein: 92g
Sweet Potato Frittata

SERVES: 4
RECIPE COST: $.98
PER SERVING

Sweet Potato Frittata Pro Tips

How this recipe keeps costs low: this recipe was inspired by a sweet potato, spinach, and goat cheese recipe that I love. To decrease the cost, I replaced spinach with broccoli, and goat cheese with shredded cheddar. I love this recipe just as much, and my kids like it even more than the original!

Prevent food waste: Pretty much any vegetable can go into a frittata. If there are extra veggies taking up space in the fridge that are about to go bad, throw them in the oven with the sweet potato and broccoli if the veggies are already cooked, no problem. Just place them in the baking dish with the other veggies after they’ve been roasted.

Meal prep tips: This recipe keeps great in the fridge and the freezer, so the entire dish can be made ahead of time. To freeze, simply let frittata cool completely and then wrap individual portions in cling wrap and place in the freezer. Reheat in a microwave.

Experiment with other herbs and spices: thyme and cumin both pair well with eggs. Try sprinkling some of these into the scrambled egg mixture before pouring it over the veggies.

Ingredients:
- 1 sweet potato, chopped into small cubes (2 cups) — $0.17 per serving
- 2 cups broccoli, cut into small florets — $0.20 per serving
- 8 eggs — $0.25 per serving
- ½ cup milk — $0.02 per serving
- 1 ⅓ cup shredded cheddar cheese — $0.26 per serving
- 4 Tablespoons extra virgin olive oil, separated — $0.08 per serving
- Salt and pepper to taste

Directions:

1. Roast veggies: Preheat oven to 425 degrees F. Drizzle sweet potatoes and broccoli with ½ Tablespoons olive oil and toss separately to coat. Sprinkle with salt and pepper. Place sweet potatoes and broccoli on a parchment paper lined baking tray and place in the oven for 15 minutes. Check after 10 minutes as broccoli may cook faster than potatoes. Potatoes are done when fork tender and broccoli is done when florets are very slightly charred.

2. Prepare eggs: While veggies are baking, scramble eggs, milk, and salt and pepper in a large bowl with a fork.

3. Assemble frittata: Use remaining 2.5 Tablespoons olive oil to grease an 8x8 inch baking dish. When veggies are done cooking, move them to the prepared baking dish and pour egg mixture over top. Cover with the shredded cheddar cheese.

4. Bake frittata: Place baking dish back in oven and bake about 10-20 minutes or until eggs are set and don’t jiggle when pan is shaken. Enjoy!

Make it a meal: Pair with 1 banana ($0.14), and 1 slice of 100% whole wheat toast with 1 tsp butter ($0.10) for a complete meal at a total cost of $1.22.
**Chickpea Tikka Masala**

**Chickpea Tikka Masala Pro Tips**

**How this recipe keeps costs low:** This recipe keeps food costs low by using dried chickpeas instead of canned versions.

**Prevent food waste:** The most likely ingredient to be wasted in this recipe is the heavy cream, because only a little bit is needed. One solution is to freeze the remainder of the carton in the ¼ cup portions needed for this recipe. Another option (my favorite option) is to make a very large batch of the sauce (without the chickpeas) all at once, and freeze the sauce for later use. When it’s time to eat just defrost the sauce, add chickpeas, and simmer for 5-10 minutes.

**Meal prep tips:** As mentioned above the tikka masala sauce can be made even months in advance and frozen.

**Ingredients:**
- 3 cups cooked brown rice - $0.12 per serving
- 1 ½ tablespoons olive oil - $0.04 per serving
- 3/4 cup chopped cooking onion - $0.10 per serving
- 3 garlic cloves, diced small - $0.04 per serving
- 1 teaspoon grated ginger - $0.01 per serving
- 1 ½ teaspoons tomato paste - $0.01 per serving
- 1/8 teaspoon chili powder - $0.01 per serving
- ¼ teaspoon ground cumin - $0.01 per serving
- ½ teaspoon ground turmeric - $0.01 per serving
- 1 tablespoon garam masala - $0.04 per serving
- 1 teaspoon sugar - $0.00 per serving
- 1 ¼ cups crushed tomatoes, canned - $0.17 per serving
- 3 cups chickpeas, cooked from dried - $0.38 per serving
- ¼ cup heavy cream - $0.12 per serving
- 3 tablespoons cilantro - $0.03 per serving
- Salt and pepper to taste

**Directions:**
1. **Release the aromas:** Heat the olive oil in a large frying pan over medium heat. Add the cooking onion, garlic, and ginger and cook 2-3 minutes. Add the tomato paste, spices, and sugar, and cook 30 seconds more or until everything smells great!

2. **Simmer the sauce:** Add the crushed tomatoes and chickpeas to the frying pan and simmer 5 minutes.

3. **Add the finishing touches:** Mix heavy cream in with the simmering mixture, pour over rice, top with cilantro leaves, and enjoy!

**Make it a meal:** Pair with 1 cup skim milk ($0.13) and one apple ($0.39) for a complete meal at a total cost of $1.62.
**Asian Beef Bowls Pro Tips**

**How this recipe keeps costs low:** Ground beef is the most expensive ingredient in this meal, and adding cooked lentils cuts the amount of beef needed in half. Purchasing dried lentils and cooking them yourself also helps to reduce costs compared to purchasing canned lentils that are pre-cooked. Additionally, inspiration for this recipe came from a dish that originally included pickled radishes. Here I’ve substituted pickled carrot ribbons for a fun texture at a lower cost.

**Prevent food waste:** Freeze any leftover shredded cabbage. Cabbage softens during cooking anyways, so don’t worry if it softens when thawed from the freezer.

**Meal prep tips:** The quality of the ground beef mixture keeps well through freezing and thawing, so can easily be made as part of a large batch and frozen in advance.

**Ingredients:**
- 8 cups cooked brown rice — $0.12 per serving
- 2 cups whole carrots, peeled into thin ribbons with a veggie peeler or sliced into very thin circles — $0.07 per serving
- 7 Tablespoons white wine vinegar — $0.10 per serving
- 2 Tablespoons plus 2 teaspoons sugar, divided in half — $0.00 per serving
- ½ cup mayonnaise — $0.04 per serving
- 3 Tablespoons sriracha chili sauce, divided in half — $0.00 per serving
- 2 Tablespoons olive oil — $0.03 per serving
- 2 cups shredded red cabbage — $0.06 per serving
- 2 cups red onion, diced — $0.10 per serving
- 1 lb ground beef — $0.31 per serving
- 4 teaspoons garlic powder — $0.01 per serving
- ¼ cup low sodium soy sauce — $0.05 per serving
- ¼ cup sesame oil — $0.14 per serving
- 2 cups brown lentils, cooked from dried — $0.07 per serving
- 2 cups cilantro, leaves removed from stems — $0.12 per serving
- Several pinches salt and pepper to taste

**Directions:**
1. **Pickle carrots:** In a small jar or medium bowl mix carrots with white wine vinegar, 1 Tablespoon plus 1 teaspoon sugar, and a few pinches of salt and pepper. Stir or shake well and set aside.
2. **Make sriracha mayo:** In a small bowl, mix mayonnaise with 1½ Tablespoons sriracha sauce. Set aside.
3. **Cook veggies:** Heat oil in a large frying pan over medium heat. Add cabbage and red onion and cook until soft.
4. **Cook meat:** Add ground beef, garlic powder, 1 Tablespoon plus 1 teaspoon sugar, and salt and pepper to taste to the veggie mixture. Cook until meat is completely browned.
5. **Add sauces:** Add soy sauce, sesame oil, 1/3 Tablespoons sriracha sauce, and lentils to the ground beef and veggie mixture. Cook until lentils are warmed through, about 1 minute.
6. **Serve:** Top individual bowls of rice with ground beef mixture, pickled carrots (drained from pickling liquid), cilantro leaves, and sriracha mayo. Enjoy!

**Make it a meal:** Pair with 1 cup skim milk ($0.13) for a complete meal at a total cost of $1.39 per serving.
day 2

BREAKFAST
1 serving Cheesy Scrambled Eggs on Toast
1 apple
($1.21)

LUNCH
1 serving Curried Parsnip Potato Nuggets
½ everything bagel toasted with 2 Tbsp hummus
1 cup skim milk
1 banana
($1.49)

DINNER
1 serving Weeknight Garden Mac and Cheese
½ cup your favorite pre-seasoned frozen vegetable blend
($1.53)

TOTAL COST: $4.23

DAY 1 TOTAL NUTRITION:
Calories 1953  Fat 80g  Sat Fat 20g  Carbs 215g  Fiber 37g  Protein 86g
Cheesy Scrambled Eggs on Toast

PER SERVING
Calories: 544 • Fat: 34g • Saturated Fat: 11g • Total Carbs: 33g • Fiber: 5g • Protein: 30g

SERVES: 1
RECIPE COST: $0.82
PER SERVING

Cheesy Scrambled Eggs Pro Tips

How this recipe keeps costs low: Eggs are one of the cheapest proteins available, and pairing them with frozen instead of fresh spinach keeps the cost of this recipe low.

Prevent food waste: One of the great things about this meal is that all of the ingredients are either frozen or likely to be used on a regular basis, meaning there is a very low chance of food waste.

Meal prep tips: If mornings in your household are tight, try scrambling the eggs with milk, salt and pepper the night before, and storing them in the fridge in a jar. Then simply pour them into a preheated pan the next day.

Ingredients:
- ½ cup frozen spinach, cooked in microwave - $0.08
- 2 tsp extra virgin olive oil - $0.06
- 2 eggs - $0.25
- 2 Tablespoons milk - $0.02
- ⅓ cup shredded cheddar cheese - $0.26
- 2 slices 100% whole wheat bread - $0.15
- Salt and pepper to taste

Directions:
1. Prep spinach: After thawing spinach in the microwave, squeeze out all excess water with your hands, and then separate the leaves apart.
3. Prep eggs: While oil is heating, crack eggs into a small bowl and scramble with milk, salt and pepper using a fork.
4. Cook eggs: Pour eggs into pan. Let sit 1 minute while sprinkling spinach and cheese over eggs. Move eggs around the pan with a spatula until cooked and cheese is melted.
5. Serve: Plate eggs on 2 slices whole wheat toast and enjoy!

Make it a meal: Pair with an apple ($0.39) for a complete meal at a total cost of $1.21.
Curried Parsnip Potato Nuggets

Directions:
1. Mix ingredients: Combine parsnips, potatoes, egg, flour, spices, and salt and pepper in a bowl until batter is combined and lumpy.
2. Make patties: Form mixture into several flattened nugget shaped patties.
3. Cook nuggets: Heat oil in a heavy frying pan over medium heat and fry nuggets until brown and crispy on both sides.
4. Make dipping sauce: While pancakes are cooking, mix mayo and sriracha together and use as a dipping sauce. Enjoy!

Curried Parsnip Potato Nuggets Pro Tips
How this recipe keeps costs low: Pairing parsnips (one of the more expensive root vegetables) with inexpensive sweet potatoes and a mix of very basic ingredients such as flour and spices makes this recipe very budget friendly.

Prevent food waste: This is the only meal in the plan that contains a bagel so it is smart to freeze the remaining bagels in the package, or substitute with a plain piece of toast if you are not feeding a family. With leftover parsnip try making baked parsnip fries! Simply cut parsnips into sticks, toss in oil, salt and pepper, and bake at 450 degrees until browned. Enjoy them dipped in your favorite sauce.

Meal prep tips: The flour and spices in this recipe can be mixed in advance, and can even be made in batches and spooned out in individual portions (about 2 Tablespoons plus 1 teaspoon) when needed.

Ingredients:
- ½ cup shredded parsnip (about ½ a medium parsnip) - $0.30
- ½ cup shredded sweet potato (about ¼ medium sweet potato) - $0.17
- 1 egg - $0.12
- 2 Tablespoons whole wheat flour - $0.02
- ½ teaspoon curry powder - $0.02
- ¼ tsp onion powder - $0.02
- 1/8 teaspoon garlic powder - $0.02
- 1/8 teaspoon ground ginger - $0.02
- 1 teaspoon extra virgin olive oil - $0.03
- 1 Tablespoon mayonnaise - $0.04
- 1 teaspoon sriracha hot sauce - $0.01
- Salt and pepper to taste

Directions:
1. Mix ingredients: Combine parsnips, potatoes, egg, flour, spices, and salt and pepper in a bowl until batter is combined and lumpy.
2. Make patties: Form mixture into several flattened nugget shaped patties.
3. Cook nuggets: Heat oil in a heavy frying pan over medium heat and fry nuggets until brown and crispy on both sides.
4. Make dipping sauce: While pancakes are cooking, mix mayo and sriracha together and use as a dipping sauce. Enjoy!

Make it a meal: Pair with ½ toasted everything bagel ($0.25) with 2 Tablespoons hummus ($0.20), 1 cup of 2% milk ($0.13) and 1 banana ($0.14) for a complete meal at a total cost of $1.49.
Weeknight Garden Mac and Cheese

How this recipe keeps costs low: Purchasing a family pack of chicken breasts and using lots of frozen veggies both help to keep this recipe affordable.

Prevent food waste: 2 oz chicken is only about half of a single chicken breast! Planning out how to use or save the rest of the chicken in your family pack before it goes bad will save a lot of money.

Meal prep tips: Try cubing and cooking several chicken breasts all at once, and save them for later use in salads, soups, sandwiches, loaded nachos, and more garden mac and cheese.

Ingredients:
- 1 serving organic boxed Mac and Cheese (made with real cheese and no artificial flavors), prepared according to pkg. directions — $0.60
- 2 oz chicken breast, cubed — $0.25
- 1 teaspoon extra virgin olive oil — $0.03
- ½ cup frozen peas, or ½ cup frozen peas plus ¼ cup frozen spinach, cooked in microwave — $0.15

Directions:
1. Cook chicken: Heat olive oil in small pan on medium heat. Add chicken and cook until inside of chicken pieces are no longer pink. Sprinkle with salt and pepper.
2. Put it all together: Add chicken and peas to mac and cheese. Enjoy!

Make it a meal: Pair with ½ cup of your favorite pre-seasoned frozen vegetable blend ($0.50) for a complete meal at a total cost of $1.53.

SERVES: 1
RECIPE COST: $1.03
PER SERVING

Calories: 434 • Fat 9g • Saturated Fat 3g • Total Carbs 55g • Fiber 5g • Protein 26g
day 3

BREAKFAST
1 serving Orange Smoothie
1 toasted whole wheat English muffin with 2 Tbsp peanut butter and 2 tsp jam
($1.46)

LUNCH
1 serving Italian Rice and Beans
1 banana
1 cup skim milk
($1.22)

DINNER
1 serving Garbage Plate Sloppy Joes
1 cup skim milk
($1.03)

TOTAL COST: $3.71

DAY 1 TOTAL NUTRITION:
Calories 2017  Fat 60g  Sat Fat 9g  Carbs 285g  Fiber 41g  Protein 92g
Orange Smoothie

Orange Smoothie Pro Tips

How this recipe keeps costs low: This recipe uses frozen spinach instead of fresh spinach to save money, and also chooses conventional over Greek yogurt.

Prevent food waste: Don’t let leftover yogurt go to waste - make sure to use it in other low cost smoothies, or in a yogurt parfait (recipe on page 38)!

Meal prep tips: This recipe does not require any prep, but if you are really pressed for time in the mornings, the milk, yogurt and spinach can all be mixed together the night before and stored in the fridge until needed.

Ingredients:
- ½ cup plain yogurt – $0.25
- ½ cup milk – $0.07
- 1 navel orange – $0.37
- ½ cup frozen spinach – $0.08
- 1 tsp honey – $0.03

Directions:
1. Blend ingredients: Add all ingredients to a blender and blend until smooth. Enjoy!

Make it a meal: Pair with 1 100% whole wheat English muffin, toasted ($0.58) with 2 tablespoons peanut butter ($0.04) and 2 teaspoons jam ($0.04) for a complete meal at a total cost of $1.46
ITALIAN RICE AND BEANS

PER SERVING

Serves: 1
Recipe Cost: $0.95

PER SERVING

Calories: 529 • Fat: 10g • Saturated Fat: 1g • Total Carbs: 93g • Fiber: 15g • Protein: 22g

Italian Rice and Beans Pro Tips

How this recipe keeps costs low: This recipe keeps things simple by using enough beans to serve as both the protein and most of the veggies in this recipe. The homemade pesto is also far cheaper than any store bought variety.

Prevent food waste: This recipe will likely leave you with leftover cannellini beans and marinara sauce. My favorite way to use up leftover white beans is to cook them in garlic, salt and olive oil, and top with breadcrumbs. You can also use both ingredients again in the spaghetti recipe on page 42.

Meal Prep Tips: See page 33 for tips on prepping the homemade pesto in advance.

Directions:

1. Mix and heat: Mix all ingredients together and microwave until heated through.

Make it a meal: Pair with 1 banana ($0.14) and 1 cup skim milk ($0.13) for a complete meal at a total cost of $1.22.

Ingredients:

1 cup cooked brown rice — $0.12
¼ cup frozen spinach, thawed in microwave — $0.04
1 cup canned cannellini beans, drained and rinsed — $0.37
1 Tablespoon Homemade Pesto — $0.22
(Recipe on Page 29)
½ cup marinara sauce — $0.20
HOMEMADE PESTO SAUCE

SERVES: 14
(2 TBSP PER SERVING)
RECIPE COST: $0.44
PER SERVING

Homemade Pesto Sauce Pro Tips

How this recipe keeps costs low: This recipe replaces a lot of the fresh basil with fresh spinach. The basil flavor still shines through, but only at a fraction of the cost. Purchasing sliced almonds from a bulk bin also helps to reduce costs compared to prepackaged almonds.

Prevent food waste & Meal prep tips: Save leftovers of this sauce by freezing them in individual serving sizes in small disposable bathroom cups. Simply move them to the fridge the day before you’d like to use them.

Ingredients:
4-5 garlic cloves - $0.02 per serving
3 cups fresh baby spinach - $0.05 per serving
1 ½ cups loosely packed basil leaves - $0.12 per serving
½ cup sliced almonds - $0.08 per serving
1 cup grated parmesan cheese - $0.10 per serving
3/4 cup extra virgin olive oil - $0.07 per serving
Salt to taste (around ½ teaspoon - ¾ teaspoon)
Pepper to taste

Directions:
1. Blend ingredients: Place all ingredients in a food processor and process until smooth. You may also chop all ingredients except for olive oil together on a cutting board as finely as possible, and then mix in olive oil.

PER SERVING
Calories 153 • Fat 16g • Saturated Fat 3g • Total Carbs 2g • Fiber 1g • Protein 3g
Garbage Plate Sloppy Joe Pro Tips

How this recipe keeps costs low: Usually sloppy joes are made mostly of ground beef, which can be expensive. This recipe stretches the ground beef flavor by mixing it with lots of delicious and low cost veggies. For a yummy twist, try putting this recipe over homemade sweet potato fries instead of a bun.

Prevent food waste: Just cooking for one? You may not use an entire package of hamburger buns before they go bad - try these sloppy joes on regular old sandwich bread, or throw any leftover buns in the freezer for later. Additionally, leftover carrots can be used in the Asian Beef Bowls (recipe page 16) or the Hummus Veggie and Fried Egg Sandwich (recipe page 58), or can be eaten as a side dish with Salmon Cakes (recipe page 61).

Meal prep tips: Cooking dried lentils can be a hassle and time consuming - lessen the workload by cooking a whole lb of dried lentils at one time, and then freezing them in jars. Once they are completely defrosted they can be used just like canned lentils. Alternatively, if you have a little extra cash on hand, go straight for the canned lentils - just make sure to drain and rinse them before using.

Directions:
1. Soften veggies: Heat oil in large frying pan on medium-high heat. Add carrots and onion and cook until both are soft. Add a few pinches of salt and pepper.
2. Brown beef: Add ground beef to veggie mixture. Break the meat apart with a spatula and cook until completely brown.
3. Warm lentils: Add lentils to frying pan and cook just until lentils are heated.
4. Add seasonings: Add garlic powder, ketchup, mayonnaise, and mustard to frying pan and mix until all ingredients are thoroughly heated.
5. Serve: Place sloppy joe mixture on hamburger buns and enjoy!

Make it a meal: Pair with 1 cup skim milk ($0.13) for a complete meal at a cost of $1.03.

Ingredients:

1 Tbsp extra virgin olive oil — $0.04 per serving
1 1/3 cups chopped red onion — $0.13 per serving
1 1/3 cups finely diced carrots (they can also be processed in a food processor to save time!) — $0.09 per serving
½ lb ground beef — $0.31 per serving
1 1/3 cups cooked brown lentils (cooked from dried) — $0.09 per serving
1 tsp garlic powder — $0.02 per serving
3 Tbsp ketchup — $0.04 per serving
3 Tbsp mayonnaise — $0.03 per serving
3 Tbsp mustard — $0.01 per serving
4 hamburger buns — $0.12 per serving
Salt and pepper to taste

PER SERVING
Calories 539 • Fat 23g • Saturated Fat 5g • Total Carbs 58g • Fiber 11g • Protein 28g
Day 4

**BREAKFAST**
1 serving Yogurt Parfait
2 hard boiled eggs
½ cup V8 vegetable juice
1 slice whole wheat toast with 1 tsp butter
($1.69)

**LUNCH**
1 serving Basic Burrito Bowl
1 cup orange juice
($1.45)

**DINNER**
1 serving Spaghetti
1 cup skim milk
($1.36)

**TOTAL COST:** $4.50

**DAY 4 TOTAL NUTRITION:**
- Calories: **1960**
- Fat: **48g**
- Sat Fat: **13g**
- Carbs: **299g**
- Fiber: **45g**
- Protein: **85g**
Yogurt Parfait
SERVES: 1
RECIPE COST: $1.10
PER SERVING

Directions:
1. Sweeten yogurt: Stir together yogurt and honey until evenly mixed.
2. Put together parfait: Top yogurt mixture with strawberries, raisins, banana and granola or layer the fruit and granola in between layers of yogurt.

Make it a meal: Pair with 2 hard boiled eggs ($0.25), ¼ cup V8 100% vegetable juice ($0.24), and 1 slice 100% whole wheat toast with 1 teaspoon butter ($0.10) for a complete meal at a total cost of $1.69.

Yogurt Parfait Pro Tips
How this recipe keeps costs low: This recipe uses conventional instead of greek yogurt, and pairs strawberries with low cost fruits such as bananas and raisins to save money.

Prevent food waste: Making your own creamy yogurt-based salad dressings is a great and inexpensive way to use up leftover yogurt.

Meal prep tips: Try sweetening the yogurt and washing and slicing the strawberries the night before for quick parfait assembly in the morning.

Ingredients:
1 cup plain yogurt — $0.50
1 teaspoon honey — $0.03
⅛ cup fresh strawberries, sliced and greens removed — $0.25
1/8 cup raisins — $0.12
½ banana, sliced — $0.07
¼ cup granola — $0.13

PER SERVING
Calories 380 • Fat 5g • Saturated Fat 1g • Total Carbs 70g • Fiber 6g • Protein 14g
Basic Burrito Bowl

Basic Burrito Bowl Pro Tips

How this recipe keeps costs low: This burrito bowl uses a double portion of inexpensive black beans to serve as both the protein and the veggies for this meal.

Prevent food waste: Due to the long shelf life of each of the ingredients, this recipe is unlikely to leave you with any food waste!

Meal prep tips: Many recipes in this book include one cup of cooked brown rice. To make meal assembly even more of a breeze, cook a large batch of rice at one time and measure out individual 1 cup servings to store in the fridge or freezer.

Ingredients:
1 cup cooked brown rice—$0.12
1/2 cup salsa—$0.38
1/2 15 oz can of your favorite seasoned black beans—$0.50
4 Tablespoons shredded cheddar cheese—$0.20

Directions:
1. Heat beans and rice: Place black beans and rice in a bowl and microwave until hot.
2. Add toppings: Top with salsa and cheese and enjoy.

Make it a meal: Pair with 1 cup 100% orange juice ($0.25) for a complete meal at a total cost of $1.45.
SPAGHETTI

How this recipe keeps costs low: Choosing vegetarian protein sources helps to make this recipe easy on the wallet.

Prevent food waste: To use up leftover green peas try making them into a simple side dish - just heat them in the microwave, add equal parts butter and olive oil, a sprinkle of salt and pepper, and top with a little grated parmesan cheese.

Meal prep tips: See page 33 for tips on prepping the homemade pesto in advance.

Ingredients:
- 1 cup cooked whole wheat spaghetti — $0.25
- ½ cup marinara sauce — $0.20
- 1 Serving Homemade Pesto Sauce (p. 29) — $0.44
- ½ cup frozen peas, cooked in microwave — $0.15
- ½ cup canned cannellini beans, rinsed and drained — $0.19

Directions:
1. Put it together: Mix all ingredients together in a bowl or plate, warm in microwave and enjoy!

Make it a meal: Pair with 1 cup 2% milk ($0.13) for a complete meal at a total cost of $1.36
day 5

BREAKFAST
1 serving Savory Oatmeal
Fruit salad with ½ cup sliced fresh strawberries and ½ sliced banana
($1.41)

LUNCH
1 serving Spicy Stir Fry
1 apple with ½ Tbsp peanut butter
1 cup skim milk
($1.61)

DINNER
1 serving Turkey Tacos
($1.47)

TOTAL COST: $4.49

DAY 1 TOTAL NUTRITION:
Calories 1951  Fat 85g  Sat Fat 19g  Carbs 223g  Fiber 28g  Protein 78g
SAVORY OATMEAL

SERVES: 1
RECIPE COST: $0.84
PER SERVING

Calories 596 • Fat 32g • Saturated Fat 8g • Total Carbs 52g • Fiber 7g • Protein 28g

Savory Oatmeal Pro Tips

How this recipe keeps costs low: This recipe uses oats in a unique way. While most oatmeal recipes are sweet, this one is savory, making it an easy way to add veggies to breakfast. Oatmeal is a cheaper alternative than some other grains such as pasta or quinoa, and it can serve as a nice break from rice. However if after tasting this recipe you decide savory oatmeal is not for you, substituting rice for the oatmeal also tastes delicious!

Prevent food waste: Be sure to use any leftover broccoli in other recipes such as the Veggie Buddha Bowl, Hummus Veggie and Fried Egg Panini, or the Sweet Potato Frittata.

Meal prep tips: Try chopping the veggies in this recipe at the beginning of the week and saving them for later.

Directions:
1. Cook veggies: Heat 1 tsp olive oil in a small pan on medium heat. Add onion and broccoli and a little salt and pepper and cook until veggies are soft. Remove veggies from pan.
2. Cook oats: Cook oats according to package directions, replacing ½ cup of the water with ½ cup milk.
3. Fry egg: While oats cook, heat 2 tsp olive oil in a small pan over medium heat. Crack eggs into pan, cover and cook until the egg white is cooked and the yolk is soft.
4. Add toppings: When oatmeal is done cooking, add veggies and cheese and eggs and salt and pepper to taste. Add hot sauce if desired. Enjoy!

Make it a meal: Pair with ½ cup sliced strawberries ($0.50) and ½ a sliced banana ($0.07) for a complete meal at a total cost of $1.41

Ingredients:
2 oz quick or old fashioned oats (3/4 cup dry) — $0.14
½ cup milk — $0.07
1 Tablespoon extra virgin olive oil, divided — $0.08
¼ cup onion, chopped — $0.10
¼ cup small broccoli florets or frozen broccoli florets — $0.10
2 Tbsp 2% milk shredded cheddar cheese — $0.10
2 eggs — $0.25
Salt and Pepper to taste
Hot sauce (optional)
SPICY STIR FRY

Spicy Stir Fry Pro Tips

How this recipe keeps costs low: This recipe is a simple veggie stir fry and saves money by omitting the protein options usually featured in stir frys. The protein for this meal comes from the apple and peanut butter side dish. However if you have a little extra money to spend on lunch, adding roasted cashews, scrambled eggs or tofu to this recipe is delicious.

Prevent food waste: All of the ingredients in this recipe are shelf stable (either in the pantry or the freezer) so will never spoil before you get a chance to use them.

Meal prep tips: All of the sauce ingredients except for cornstarch can be mixed in advance. To add corn starch, mix with 1 Tablespoon of the sauce mixture until dissolved, then add the remaining sauce and mix to incorporate.

Directions:
1. Prep sauce: In a small bowl, mix together cornstarch with 1 Tablespoon soy sauce until completely dissolved. Then mix in remaining soy sauce, sesame oil, brown sugar, ginger, and sriracha sauce.
2. Cook veggies: Add frozen veggies to a pan and cook over medium heat until veggies are heated through.
3. Add sauce: Pour sauce into veggie pan, bring sauce to boil, and cook until sauce has thickened (about 30 seconds to 1 minute).
4. Serve: Spoon veggie mixture onto brown rice and enjoy!

Make it a meal: Pair with 1 cup skin milk ($0.13), 1 apple ($0.39), and ½ tablespoons of peanut butter ($0.03) for a complete meal at a total cost of $1.61.

Ingredients:
1 cup cooked brown rice—$0.12
1 teaspoon cornstarch—$0.00
2 Tablespoons low sodium soy sauce—$0.10
1 Tablespoon sesame oil—$0.29
2 teaspoons brown sugar—$0.01
¼ tsp ground ginger—$0.01
Up to 1 teaspoon Sriracha hot sauce (optional)—$0.03
1 cup Asian frozen vegetable blend—$0.39

SERVES: 1
RECIPE COST: $1.05
PER SERVING

Calories: 450 • Fat: 15g • Saturated Fat: 2g • Total Carbs: 68g • Fiber: 0g • Protein: 9g
Turkey Tacos

SERVES: 1
RECIPE COST: $1.47
PER SERVING

Directions:
1. Cook meat: In a medium frying pan, heat oil over medium heat. Add ground turkey and chopped onion, and cook until turkey is cooked through. Add taco seasoning, lentils, and cooked frozen vegetables and continue cooking until everything is heated through and fragrant. Remove meat mixture from pan.
2. Prep tortillas: Heat corn tortillas in the same pan over medium heat until soft and flexible.
3. Assemble tacos: Divide cheese over corn tortillas, and then add meat. Top with salsa and lettuce. Enjoy!

Make it a meal: This recipe serves as a complete meal!

Turkey Tacos Pro Tips

How this meal keeps costs low: As you’ve seen in other recipes throughout this book, adding lentils to the ground taco meat is a key trick that makes this recipe possible on a low budget. Choosing corn tortillas instead of flour tortillas also contributes to the low cost. For even further savings, try making your own taco seasoning at home instead of buying a mix.

Prevent food waste: Romaine lettuce can wilt quickly in the fridge - to keep it fresh as long as possible, put the leftover lettuce in a ziptop bag with a couple of dry paper towels, and squeeze out as much air as possible before sealing. Make plans to use the remaining leftover in a chicken salad with the leftover chicken from Garden Mac and Cheese night, or perhaps replace the frozen peas with a side caesar salad on spaghetti night.

Meal prep tips: Try making the taco meat/veggie mixture in large batches, and refrigerating or freezing individual portions for later use.

Ingredients:
1 ½ tsp olive oil — $0.04
2 oz ground turkey — $0.37
2 Tablespoons chopped onion — $0.05
¼ taco seasoning packet — $0.13
¼ cup cooked brown lentils (cooked from dried) — $0.07
¼ cup frozen Mexican vegetable blend, cooked in microwave and chopped into small pieces — $0.08
¼ cup tomato salsa — $0.19
¼ cup chopped Caesar romaine lettuce — $0.06
1⁄3 cup low fat shredded cheddar cheese — $0.26
3 corn tortillas — $0.22
Breakfast
1 bowl Peanut Butter and Honey Oatmeal
1 Strawberry Banana Green Smoothie ($1.07)

Lunch
1 serving Hummus Veggie and Fried Egg Sandwich
1 banana ($1.37)

Dinner
1 serving Salmon Cakes with Dill & Dijon Dipping Sauce
½ cup carrot sticks ($1.60)

Total Cost: $4.04

Day 1 Total Nutrition:
Calories 1976  Fat 87g  Sat Fat 23g  Carbs 223g  Fiber 29g  Protein 91g
PEANUT BUTTER AND HONEY OATMEAL

How this recipe keeps costs low: Peanut butter is the least expensive protein option I’ve come across, and helps to make this recipe super cheap.

Prevent food waste: Since oats, peanut butter, and honey are all shelf stable and milk is a very commonly used ingredient, this recipe won’t leave you with any food waste.

Meal prep tips: Crunched for time in the morning? Eliminate the cooking time by simply mixing ¾ cup oats with ¾ cup milk and 1 tsp honey, and letting this mixture sit in the fridge overnight. The next morning just add peanut butter and enjoy!

Ingredients:
- 2 oz quick or old fashioned oats (3/4 cup dry) — $0.14
- ½ cup skim milk — $0.07
- 2 tablespoons peanut butter — $0.04
- 1 teaspoon honey, or more to taste — $0.07
- Sprinkle of cinnamon (optional, for garnish)

Direction:
1. Cook oatmeal: Make oatmeal according to package directions. Replace ½ cup of the water called for in the directions with ½ cup milk.
2. Add fixins: Add peanut butter and honey, and mix until combined.

Make it a meal: Pair with 1 Strawberry Spinach Smoothie (pg. 57—$0.75) for a complete meal at a total cost of $1.07.
STRAWBERRY BANANA GREEN SMOOTHIE

PER SERVING

Calories: 180  •  Fat: 1g  •  Saturated Fat: 0g  •  Total Carbs: 38g  •  Fiber: 5g  •  Protein: 7g

SERVES: 1
RECIPE COST: $0.75

PER SERVING

Directions:
1. Blend smoothie: Place all ingredients in a blender and mix until smooth.

Make it a meal: Pair with 1 bowl of Peanut Butter and Honey Oatmeal (pg. 54—$.32) for a complete meal at a total cost of $1.07.

Strawberry Banana Green Smoothie Pro Tips

How this recipe keeps costs low: The low cost frozen spinach and banana in this recipe balance out the fresh strawberries to keep this smoothie as cheap as possible.

Prevent food waste: Strawberries are the most expensive ingredient, and also spoil the fastest! Plan to use leftover strawberries in the yogurt parfait on page 38 or the simple fruit salad that pairs with the savory oatmeal on page 46, or try freezing them if you know you won’t get around to eating them right away.

Meal prep tips: This recipe requires very little prep and will taste freshest if prepared immediately before eating.

Ingredients:

½ cup skim milk—$0.07
½ cup frozen spinach—$0.08
½ cup fresh sliced strawberries—$0.50
½ banana, sliced—$0.07
1 tsp honey—$0.03
**HUMMUS, VEGGIE AND FRIED EGG SANDWICH**

**Directions:**

1. **Roast veggies:** Preheat oven or toaster oven to 425 degrees F. Place onion, broccoli, and carrots on a parchment paper lined baking sheet. Sprinkle with ½ Tbsp olive oil, salt and pepper and bake until fork tender.

2. **Make toast:** When veggies are done, toast bread in a toaster or toaster oven until golden brown.

3. **Fry egg:** While toast is toasting, heat 1 Tbsp olive oil in a small frying pan over medium heat. Crack egg into pan. When egg white is almost cooked, sprinkle cheddar cheese over egg, cover frying pan, and continue cooking until the cheese is melted, egg white is cooked, and yolk is still runny.

4. **Assemble sandwich:** spread hummus over one slice of toast. Top with veggies, fried egg and hot sauce. Top with remaining slice of toast and enjoy!

**Make it a meal:** Pair with 1 banana ($0.14) for a complete meal at a total cost of $1.37.

---

**PER SERVING**

Calories: 642 • Fat: 44g • Saturated Fat: 2g • Total Carbs: 44g • Fiber: 7g • Protein: 27g

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**Ingredients:**

- ¼ cup red onion, sliced into large chunks and layers separated — $0.10
- ¼ cup small broccoli florets — $0.20
- ¼ cup carrots sliced into very thin circles — $0.07
- ⅓ Tbsp olive oil, divided — $0.13
- 2 slices 100% whole wheat bread — $0.15
- 1 egg — $0.12
- ⅓ cup shredded cheddar cheese — $0.26
- 2 Tablespoons classic hummus — $0.20
- Salt and pepper to taste
- Hot sauce (optional)

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**Hummus and Veggie Panini Pro Tips**

**How this recipe keeps costs low:** I love toasted sandwiches, but most recipes out there seem to use expensive cheeses, meats, or veggies like roasted red peppers. This recipe is affordable because it uses egg as the protein, and a variety of inexpensive veggies.

**Prevent food waste:** Got leftover veggies? The combination of veggies in this recipe goes great on a homemade pizza topped with a few dollops of homemade pesto (recipe on page 33). Try using premade dough, english muffins, or a homemade dough for the crust!

**Meal prep tips:** The veggies in this meal can be roasted ahead of time and reheated in a microwave or toaster oven when it’s time for sandwich assembly. Additionally, the fried egg can be replaced with a sliced hard boiled egg that has been cooked in advance.
Salmon Cakes with Dill and Dijon Dipping Sauce

PER SERVING

Calories: 533 • Fat 22g • Saturated Fat 9g • Total Carbs 46g • Fiber 4g • Protein 36g

SERVES: 3
RECIPE COST: $1.48
PER SERVING

Directions:
1. Prep oven: Preheat oven to 425 degrees and grease a baking sheet or line it with parchment paper.
2. Prep oats and cheese: Mix half of the oats with half of the shredded cheese in a small bowl and set aside.
3. Combine ingredients: Into a large bowl add the salmon, brown rice, oat flour, eggs, red onion, cauliflower, the remaining oats and cheese, and a sprinkle of salt and pepper. Mix together until the mixture looks uniform.
4. Form cakes: Taking about two tablespoons of the salmon mixture at a time, form the mixture into patties and coat with the oats and cheese that was set aside earlier (the patties may be fragile now, but don’t worry they will come together in the oven).
5. Bake: Bake patties in oven for 10-15 minutes, flipping halfway through.
6. Make dipping sauce: While patties are baking, mix together the mayonnaise, dijon mustard and dill in a small bowl. Use this as a dip for the salmon cakes and enjoy!

Make it a meal: Pair with ½ cup carrot sticks ($0.12) for a complete meal at a cost of ($1.60)!

Salmon Cakes Pro Tips

How this recipe keeps costs low: Using canned fish over fresh or frozen fish helps to keep the cost of this recipe low. Additionally, bulking up the salmon cakes with cheap grains and veggies gives this meal a lot of volume with only 2.3 oz salmon per serving.

Prevent food waste: Try substituting the tuna in your favorite tuna noodle casserole with any leftover salmon from this recipe, or mix the canned salmon with mayonnaise and some dried dill for a delicious cracker spread.

Meal prep tips: Oat flour is a staple in my house, so I blend oats in large batches and store the flour in ziploc bags. Additionally, riced cauliflower can be frozen in a single layer on a baking tray and does not need to be defrosted to be used in this recipe.

Ingredients (price per serving):
1 ½ oz oats (about ½ a cup), divided in half — $0.04
1 cup 2% milk shredded cheddar cheese, divided in half and chopped into even smaller shreds — $0.26
¾ of a 15 oz can of pink salmon, drained — $0.55
1 ½ cups cooked brown rice — $0.06
1 ½ oz oat flour (about ¼ cup - this can be prepared by throwing ½ cup oats into a blender or food processor and blending until the oats resemble a flour) — $0.04
3 eggs — $0.12
½ cup chopped red onion — $0.07
1 cup riced cauliflower (this can be prepared by adding cauliflower to a food processor and processing until the cauliflower looks like little grains of rice - if a food processor isn’t available the cauliflower can be chopped into small pieces) — $0.25
1 Tablespoon mayonnaise — $0.04
1 teaspoon dijon mustard (or other mustard) — $0.03
1 large pinch dried dill — $0.01 per serving
Salt and pepper to taste
BREAKFAST
1 serving Cannoli Stuffed French Toast
½ cup V8 vegetable juice
1 banana
($1.43)

LUNCH
1 Curry Cumin Veggie Bowl
1 orange
1 cup skim milk
($1.32)

DINNER
1 serving Peanut Butter Noodles
1 cup skim milk
($1.13)

TOTAL COST: $3.88

DAY 1 TOTAL NUTRITION:
Calories 1975 Fat 68g Sat Fat 15g Carbs 257g Fiber 28g Protein 89g
Cannoli Stuffed French Toast

Cannoli Stuffed French Toast Pro Tips

How this recipe keeps costs low: French toast uses simple ingredients and is naturally very inexpensive - a perfect meal for those cooking on a budget.

Prevent Food Waste: This recipe will likely leave you with leftover ricotta cheese. Try adding some fresh herbs and using it as a vegetable dip, or add it to a lasagna.

Meal prep tips: If your mornings are rushed, try scrambling the egg batter the night before you need it and storing it in the fridge in a closed container.

Ingredients:
- 2 eggs ($0.25)
- 2 Tablespoons skim milk ($0.02)
- ½ teaspoon vanilla extract, divided in half ($0.25)
- 1 teaspoon cinnamon, divided in half ($0.01)
- ½ cup part skim ricotta cheese ($0.29)
- 1 Tablespoon powdered sugar ($0.02)
- 3 slices soft whole wheat bread ($0.22)
- Chocolate chips for garnish (optional)

Directions:
1. Prep the batter: In a medium sized bowl, scramble the eggs with the milk, half the vanilla extract, and half the cinnamon.
2. Prep the cannoli topping: In a small bowl mix ricotta cheese with powdered sugar, remaining cinnamon, and remaining vanilla.
3. Cook the french toast: One at a time, soak each piece of bread in the egg batter and then cook on a non-stick frying pan over medium heat. Cook about 2 minutes on each side.
4. Plate the french toast: Stack pieces of french toast on a plate with 2-3 Tablespoons cannoli topping between each layer and on top of the last piece. Enjoy!

Make it a meal: Pair with 1 banana ($0.14) and half a cup of V8 vegetable juice ($0.24) for a complete meal at a total cost of $1.43.

PER SERVING
- Calories: 575
- Fat: 24g
- Saturated Fat: 9g
- Total Carbs: 59g
- Fiber: 6g
- Protein: 36g

SERVES: 1
RECIPE COST: $1.05
PER SERVING
CURRY CUMIN VEGGIE BOWL

Serves: 1
Recipe Cost: $0.82
Per Serving

Calories: 493
Fat: 22g
Saturated Fat: 4g
Total Carbs: 57g
Fiber: 7g
Protein: 17g

Directions:
1. Cook veggies: Heat 2 tsp oil on medium high heat in a small frying pan. Add broccoli, and cook until halfway tender. Add frozen butternut squash and chickpeas and cook until everything is tender and hot.
2. Season veggies: Add spices, salt and pepper to veggie mixture and cook about 1 minute more.
3. Add brown rice: Mix veggies with brown rice and season with additional salt and pepper to taste.
4. Cook egg: Heat remaining teaspoon of oil on a small pan over medium heat. Crack egg into pan, cover and cook until egg white is no longer clear and yolk is still runny. Place egg on top of brown rice mixture and top with hot sauce. Enjoy!

Make it a meal: Pair with 1 orange ($0.37) and 1 cup skim milk ($0.13) for a complete meal at a total cost of $1.32.

Curry Cumin Veggie Bowls Pro Tips

How this recipe keeps costs low: Using frozen veggies makes this meal both a time saver and a money saver. These bowls also feature eggs and garbanzo beans as very low cost protein options.

Prevent food waste: Since this recipe only uses two Tablespoons of chickpeas, it is likely that you will have a lot leftover - try using extra chickpeas in a mashed chickpea salad sandwich, sprinkle them on top of a tossed salad, make your own hummus, or my personal favorite - try your hand at a buffalo chickpea veggie pizza!

Meal prep tips: Rather than measuring out each of the spices every time you make this recipe, mix 2 tablespoons each of garlic powder, cumin and curry powder and 2-2 tablespoons salt in a small container or ziploc bag. Then simply spoon out 1 teaspoon of spice mix for each serving of this recipe. Additionally, try defrosting the broccoli and butternut squash in the refrigerator 1-2 days in advance to make the cooking process even faster.

Ingredients:
1 cup cooked brown rice - $0.12
1 Tablespoon extra virgin olive oil, divided —$0.08
¼ cup frozen cubed butternut squash, cooked in microwave - $0.25
¼ cup frozen broccoli florets —$0.15
Heaping ¼ tsp garlic powder —$0.01
Heaping ¼ tsp curry powder —$0.02
Heaping ¼ tsp cumin —$0.02
2 Tablespoons chickpeas, cooked from dried —$0.06
1 egg — $0.12
Salt and pepper to taste
Sriracha hot sauce (optional)

67
1. Make the sauce: Mix together peanut butter, soy sauce, vinegar, brown sugar, and sriracha until smooth. Set aside.

2. Prep tofu: Press tofu between paper towels to drain excess water, then slice into cubes.

3. Assemble meal: Defrost veggies in a small frying pan over medium heat. Add tofu cubes and cook until tofu is heated through. Add noodles and sauce and cook just until everything is warm, about 1 minute. Enjoy!

Make it a meal: Pair with 1 cup milk ($0.13) for a complete meal at a total cost of $1.13.

Peanut Butter Noodles Pro Tips

How this recipe keeps costs low: This recipe keeps costs low by using tofu for protein, and frozen mixed vegetables instead of fresh.

Prevent Food Waste: This recipe only uses a small portion of a package of tofu. To save the remaining tofu for future use, press the tofu between paper towels to drain excess water, cut into cubes, and freeze in individual portions in ziploc bags. Frozen tofu can be reheated in the microwave on 50% power.

Meal prep tips: This peanut sauce can be frozen and reheated, so make a lot of it at once and freeze it in ziploc bags. When you are ready to use it, peel the ziploc bag away from the frozen sauce, and reheat in a bowl in the microwave.

**Ingredients:**
1 cup cooked whole wheat spaghetti or rice noodles, cooked according to package directions — $0.25
1 Tablespoon peanut butter — $0.02
1 Tablespoon low sodium soy sauce — $0.10
2 scant teaspoon apple cider vinegar — $0.02
1 teaspoon brown sugar — $0.01
½ teaspoon sriracha (optional) — $0.01
1 cup Asian blend frozen vegetables, cooked in microwave — $0.39
½ oz extra firm tofu (about 1/10th of a 14 oz package) — $0.20

**Directions:**
1. Make the sauce: Mix together peanut butter, soy sauce, vinegar, brown sugar, and sriracha until smooth. Set aside.
2. Prep tofu: Press tofu between paper towels to drain excess water, then slice into cubes.
3. Assemble meal: Defrost veggies in a small frying pan over medium heat. Add tofu cubes and cook until tofu is heated through. Add noodles and sauce and cook just until everything is warm, about 1 minute. Enjoy!

Make it a meal: Pair with 1 cup milk ($0.13) for a complete meal at a total cost of $1.13.

**Nutrition Information:**

PER SERVING

Calories 418 • Fat 11g • Saturated Fat 2g • Total Carbs 63g • Fiber 8g • Protein 16g

SERVES: 1

RECIPE COST: $1.00

PER SERVING
Meals in SNAP - the only meal plan that offers complete nutrition on a budget of $4.50 per day, even at high end grocery store pricing!

Registered Dietitian April Ho packs 2,000 calories and all of the following nutrition into every single day:

<table>
<thead>
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<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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<td>2 oz grains</td>
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Look inside to get inspiration for your own delicious low cost recipes that are bound to become some of your family’s favorites! Learn how to:

- save nearly $5,000 per year on food
- minimize food waste in your household
- serve up to 8 people with only 1 lb of meat
- make several different meals using the exact same recipe
- cook recipes inspired by varying cuisines