



Campbell's

Budget Friendly Meal Planner

Meal & Recipe Suggestions



Budget Friendly - 3 Day Meal Plan

Healthy Eating for Less than \$9 a Day*



Day 01

BREAKFAST	LUNCH	MID-DAY SNACK	DINNER	EVENING SNACK
<p>Avocado & Egg Toast on Pepperidge Farm® 100% Whole Wheat Bread</p> <p>Orange</p> <p>Skim Milk</p>	<p>RECIPE 01 Mashed White Bean & Basil Sandwich Detailed Recipe to Follow</p> <p>Mixed Green Salad with Strawberries, Almonds & Balsamic Dressing</p>	<p>Carrots & Hummus</p> <p>V8® Low Sodium 100% Vegetable Juice</p>	<p>RECIPE 02 Slow Cooker Corn & Chicken Chili Detailed Recipe to Follow</p> <p>Late July® Multigrain Sea Salt by the Seashore Tortilla Chips</p> <p>Baked Potato with Shredded Cheese</p>	<p>Banana</p> <p>Nonfat Yogurt</p>

Day 02

BREAKFAST	LUNCH	MID-DAY SNACK	DINNER	EVENING SNACK
<p>Breakfast Bowl with Toasted Oats Cereal, Sliced Peaches, Raisins, Nonfat Yogurt, Chia Seed & Cinnamon</p>	<p>Grilled Cheese Made with Reduced Fat Cheddar & Pepperidge Farm® Whole Grain 100% Whole Wheat Thin Sliced Bread</p> <p>Campbell's® Condensed Tomato Soup</p>	<p>Apple with Peanut Butter</p> <p>V8® Low Sodium 100% Vegetable Juice</p>	<p>RECIPE 03 One Pot Spaghetti Bolognese Detailed Recipe to Follow</p> <p>Skim Milk</p>	<p>Frozen Yogurt with Graham Crackers</p> <p>Canned Pears Packed in Juice</p>

Day 03

BREAKFAST	LUNCH	MID-DAY SNACK	DINNER	EVENING SNACK
<p>Everything Bagel with Egg & Cheese</p> <p>Grapes</p> <p>V8® Low Sodium 100% Vegetable Juice</p>	<p>Well Yes!® Veggie Chili with Black Beans & Whole Grains Power Soup Bowl</p> <p>Baked Sweet Potato with Light Butter</p> <p>Skim Milk</p>	<p>Nonfat Yogurt</p> <p>Blueberries</p> <p>Toasted Oats Cereal</p>	<p>Grilled Chicken Thigh</p> <p>Rice & Beans</p> <p>Cauliflower</p> <p>Milk</p>	<p>Banana with Peanut Butter</p>

Average Daily Nutrition Totals: Calories: 1989, Total Fat: 60g, Saturated Fat: 17g, Cholesterol: 253mg, Sodium: 2199mg, Potassium: 4948mg, Carbohydrate: 275g, Dietary Fiber: 36g, Protein: 99g

Average Daily Cost: \$8.61

*Based on national pricing averages

RECIPE
01

Mashed White Bean & Basil Sandwich

\$ \$0.96
cost per recipeserves 1
person10 mins.
prep & cook time

Ingredients

- 1/2 cup drained rinsed canned white cannellini beans
- 1/2 tablespoon olive oil
- 1/2 tablespoon lemon juice
- 1/4 teaspoon grated lemon zest
- 1 tablespoon minced Vidalia onion or other sweet onion
- 2 slices Pepperidge Farm® Whole Grain Bread
- 1/4 cup whole fresh basil leaves

Method

- Step 1** Coarsely mash the beans in a medium bowl. Stir in the oil, lemon juice, lemon zest & onion. Season to taste.
- Step 2** Spread the bean mixture on 1 bread slice. Top with the basil & remaining bread slice.

Nutrition Totals Per Serving: Calories: 403, Total Fat: 13g, Saturated Fat: 2g, Cholesterol: 0mg, Sodium: 507mg, Potassium: 337mg, Total Carbohydrates: 59g, Dietary Fiber: 12g, Protein: 18g



RECIPE
02

Slow Cooker Corn & Chicken Chili

\$ \$10.89
cost per recipe

📊 \$1.82
cost per person

👤 serves 6
people

🕒 6 hrs. 10mins.
prep & cook time



Ingredients

- 1 1/4** pound skinless, boneless chicken breast halves
- 1** can (10.5 ounces) Campbell's® Condensed Cream of Chicken Soup
- 2** medium green peppers, diced (about 1 1/2 cup)
- 2** cups frozen whole kernel corn, thawed
- 1** tablespoon minced chipotle peppers in adobo sauce
- 1** can (about 15 ounces) white cannellini beans, rinsed & drained
- 1** teaspoon ground cumin
- 6** lime wedges (optional)
- 2** tablespoons chopped cilantro (optional)

Method

- Step 1** Season the chicken as desired. Stir the soup, green peppers, corn, chipotle chiles, beans & cumin in a 6-quart slower cooker. Add the chicken & turn to coat.
- Step 2** Cover & cook on low for 6 to 7 hours or until chicken is cooked through & fork-tender. Remove the chicken to a cutting board. Using 2 forks, shred the chicken. Stir the shredded chicken back into the cooker. Season to taste. Serve with the lime wedges & cilantro, if desired.

Nutrition Totals Per Serving: Calories: 315, Total Fat: 8g, Saturated Fat: 2g, Cholesterol: 84mg, Sodium: 542mg, Potassium: 603mg, Total Carbohydrates: 26g, Dietary Fiber: 4g, Protein: 35g



RECIPE
03

One Pot Spaghetti Bolognese

\$9.06
cost per recipe

\$2.27
cost per person

4
serves
people

35 mins.
prep & cook time



Ingredients

- 1 pound lean ground beef
- 1 medium onion, diced (about 1/2 cup)
- 2 cloves garlic, minced
- 1 jar (23.5 ounces) Prego® Farmers Market Classic Marinara Sauce
- 1/4 cup dry red wine (can be replaced with water)
- 1/2 cup reduced fat milk
- 1 3/4 cups water
- 8 ounces uncooked spaghetti or whole grain spaghetti, broken in half

Method

- Step 1** Heat a 12-inch nonstick skillet over medium-high heat. Season the beef with salt & pepper. Add the beef, onion & garlic & cook until the beef is well browned, stirring often to separate meat. Pour off any fat.
- Step 2** Stir in the sauce, wine (or 1/4 cup water, if desired), milk, 1 3/4 cups water & uncooked spaghetti & heat to a boil (press spaghetti down so that it cooks in the sauce mixture).
- Step 3** Cook, uncovered, (keep at medium-high heat) until the spaghetti is tender, stirring occasionally (the spaghetti should be al dente at about 12 minutes).
- Step 4** Sprinkle with grated Parmesan cheese before serving, if desired.

Nutrition Totals Per Serving: Calories: 530, Total Fat: 17g, Saturated Fat: 5g, Cholesterol: 70mg, Sodium: 639mg, Potassium: 857mg, Total Carbohydrates: 56g, Dietary Fiber: 6g, Protein: 33g

