

Budget Friendly - 3 Day Meal Plan

Healthy Eating for Less than \$9 a Day*



Day 01

BREAKFAST

Avocado & Egg Toast on Pepperidge Farm® 100% Whole Wheat Bread

Orange

Skim Milk

LUNCH



Mashed White Bean & Basil Sandwich Detailed Recipe

Mixed Green Salad with Strawberries. Almonds & Balsamic Dressing

MID-DAY SNACK

Carrots & Hummus

V8® Low Sodium 100% Vegetable Juice

DINNER



Slow Cooker Corn & Chicken

Detailed Recipe to Follow

Late July® Multigrain Sea Salt by the Seashore **Tortilla Chips**

Baked Potato with Shredded Cheese

EVENING SNACK

Banana

Nonfat Yogurt

Day 02

BREAKFAST

Breakfast Bowl with Toasted Oats Cereal, Sliced Peaches, Raisins, Nonfat Yogurt, Chia Seed & Cinnamon

LUNCH

Grilled Cheese Made with Reduced Fat Cheddar & Pepperidge Farm® Whole Grain 100% Whole Wheat **Thin Sliced Bread**

Campbell's® Condensed **Tomato Soup**

Apple with Peanut Butter

V8® Low Sodium 100% Vegetable Juice

DINNER



One Pot Spaghetti Bolognese Detailed Recipe

Skim Milk

EVENING SNACK

Frozen Yogurt with Graham Crackers

Canned Pears Packed in Juice

Day 03

BREAKFAST

Everything Bagel with Egg & Cheese

Grapes

V8® Low Sodium 100% Vegetable Juice

LUNCH

Well Yes!® Veggie Chili with Black Beans & **Whole Grains Power** Soup Bowl

Baked Sweet Potato with Light Butter

Skim Milk

MID-DAY SNACK

Nonfat Yogurt

Blueberries

Toasted Oats Cereal

DINNER

Grilled Chicken Thigh

Rice & Beans

Cauliflower

Milk

EVENING SNACK

Banana with Peanut Butter

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





Mashed White Bean & Basil Sandwich









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
 - tablespoon minced Vidalia onion or other sweet onion
 - 9 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

Campbells



Slow Cooker Corn & Chicken Chili









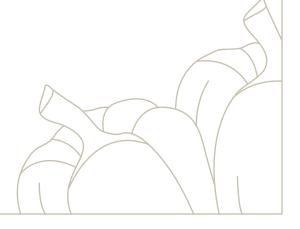


Ingredients

- 11/4 pound skinless, boneless chicken breast halves
 - can (10.5 ounces) Campbell's® Condensed Cream of Chicken Soup
 - 9 medium green peppers, diced (about 1 1/2 cup)
 - cups frozen whole kernel corn, thawed
 - tablespoon minced chipotle peppers in adobo sauce
 - can (about 15 ounces) white cannellini beans, rinsed & drained
 - teaspoon ground cumin
 - lime wedges (optional)
 - 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



One Pot Spaghetti Bolognese





\$2.27 cost per person







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
- 13/4 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 all 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