



*Campbell's*

# Budget Friendly Meal Planner

Meal & Recipe Suggestions

# Budget Friendly - 3 Day Meal Plan

Healthy Eating for Less than \$10 a Day\*



## Day 01

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

## Day 02

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

## Day 03

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

Average Daily Nutrition Totals: Calories: 1967, Total Fat: 58g, Saturated Fat: 16g, Cholesterol: 255mg, Sodium: 2179mg, Potassium: 4976mg, Total Carbohydrates: 270g, Dietary Fiber: 36g, Protein: 101g  
 Average Daily Cost: \$9.53

\*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

\$ \$11.14  
cost per recipe

\$1.85  
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 1/2 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: 317, Total Fat: 7g, Saturated Fat: 2g, Cholesterol: 84mg, Sodium: 542mg, Potassium: 621mg, Total Carbohydrates: 27-g, Dietary Fiber: 4g, Protein: 35g



RECIPE  
03

# One Pot Spaghetti Bolognese

**\$** \$9.06  
cost per recipe

**\$** \$2.27  
cost per person

**people** serves 4

**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: 640mg, Potassium: 908mg, Total Carbohydrates: 56g, Dietary Fiber: 6g, Protein: 33g

