Turn Over

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Tools
1. Don’t grab yet!
2. You’re also going to need a and two staples.

1. Fold in half.

Fold Line. Don’t cut here.
Why? Turn to page H.

2. Keep folded and turn over. With letter facing up.

3. Grab page B
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### Breakfast Menu Planner

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### Lunch Menu Planner

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<tbody>
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### Supper Menu Planner

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A HEALTHY BUDGET

For every $25 you can spend on food, experts suggest:

- $6 for vegetables
- $5 for fruits
- $4 for grains
- $4-5 for proteins
- $4 for dairy
- $1-2 for oils and other foods

Weekly budget: $35 (One week’s meals at $5 a day.)

**FRUITS**

Budget: $1.00
- 5 pears
- 1 pound beans, no salt added
- 1 cup cooked or 1 can 2 cans diced tomatoes, no salt added
- 1 medium lime
- 2 medium carrots
- 1 medium onion
- 3 cloves garlic

**VEGETABLES**

Budget: $5.00
- 1 pound ground turkey
- 1 head of garlic
- 1 head of cabbage
- 5 pounds potatoes
- 1 pound frozen broccoli
- 2 cans diced tomatoes, no salt added
- 1 tablespoon of oil
- 1 tablespoon ground cumin
- 3⁄4 teaspoon salt
- 3 tablespoons chili powder

Preparation:

1. Rinse and peel carrots. Peel onion and garlic.
2. Dice onion and carrots. Mince garlic.
3. If using lime, rinse now. Cut into wedges.
4. If using canned beans, drain and rinse beans in a colander.
5. In a large pot over medium-high heat, heat oil. Add turkey and brown.
6. Add onion, carrots, and garlic to pot. Cook until onions are soft and carrots are somewhat tender, about 5 minutes.
7. Add beans, tomatoes, water, chili powder, and cumin to pot. Season with salt. Cook until all flavors have blended, about 15 minutes.
8. Lower heat to medium. Cook until all flavors have blended, about 15 minutes.
9. If using lime and yogurt, squeeze juice from lime wedges on top of chili or serve on the side. Top each serving with 1 tablespoon yogurt.

**PAIRINGS:**

- Tasty toppings
- 1 medium lime
- 2⁄3 cup non-fat plain yogurt
- 3 tablespoons chili powder
- 1 tablespoon ground cumin
- 3⁄4 teaspoon salt

**OILS AND OTHERS**

Budget: $2.00
- 1 head of garlic
- 1 pound brown rice
- 1 pound frozen broccoli
- 1 medium onion
- 3 cloves garlic

**DAIRY**

Budget: $1.50
- 1 gallon non-fat milk
- 1 pound Italian mozzarella cheese
- 1 pound frozen broccoli
- 1 medium onion
- 3 cloves garlic

**GRAINS**

Budget: $0.50
- 1 ounce brown rice
- 1 pound beans, no salt added
- 1 cup cooked or 1 can diced tomatoes, no salt added
- 1 medium lime
- 2 medium carrots
- 1 medium onion
- 3 cloves garlic

AT THE STORE

- Stock up to save money. Foods that last include rice, beans, cooking oil and frozen foods. Buy extra when they’re on sale. Check unit prices — bigger packages are often cheaper. Buy from bulk containers if your store has them.
- Spot bargains on fresh fruits and vegetables. Use the price tracker (page 5) to find good deals on fruits and vegetables. Fresh produce prices can drop when they’re in season, and they taste best then.
- Compare labels. Healthier foods usually have less saturated fat, trans fat, salt (sodium) and sugar.
- Look for deals at your farmers’ market. Some will give you 50-80% of produce for every $1 you spend. Find a market near you at http://search.ams.usda.gov/farmersmarkets/ or call Wholesome Wave at 203-226-1112.

NEED HELP?

Many programs provide food or help to purchase food. Learn more:

- WIC: https://wic.fns.usda.gov/ (703-305-2746)
- SNAP: www.wic.org
- School Breakfast Program and the National School Lunch Program: contact your child’s school
- Free meals for kids and teens: 1-866-348-6479 (1-866-348-6479)
- Food banks and pantries: www.feedingamerica.org/foodbank-results.aspx (1-800-771-2303, press 0)
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Preparation:
1. Preheat oven to 375°F.
2. In a second medium bowl, mix flour, salt, and black pepper.
3. In a third medium bowl, add eggs and milk. Beat with a fork.
4. In a small bowl, add mayonnaise and yogurt. Whisk with a fork.
5. In a separate bowl, mix the tartar sauce ingredients. Tip: You can add more lemon juice to taste.
6. Lightly coat baking sheet with oil. Place fish pieces on sheet, evenly spaced. Lightly spray or drizzle oil on top.
7. Bake until fish flakes easily with a fork, about 15–20 minutes.
8. While fish cooks, prepare tartar sauce.
9. After fish is cooked, serve immediately with fresh lemon slices or tartar sauce.

Tip: If desired, you can use a food processor or blender to make the crumbs. To eliminate clumping, lay pieces on a tray in the freezer or freeze in smoothies, oatmeal or yogurt (see recipes on pages 19 & 20).

Note: Tartar sauce is optional. Love lemons. Put 1 tablespoon lemon juice in each medium bowl. Add mayonnaise and yogurt. Whisk with a fork. Serve with fish tacos, wraps or salad.
Tip
4. Wash and chop vegetables.

Tip
3. Wash and chop vegetables into bite size pieces.

Tip
2. Mix in lemon juice, dill, green onion and spices.

Tip
1. Add yogurt to a medium bowl.

Tip
4. Wash and chop vegetables into bite size pieces.

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2. Mix in lemon juice, dill, green onion and spices.

Tip
1. Add yogurt to a medium bowl.

Preparation:
1. Bring garbanzo beans to a boil in at least 4 cups of water. Reduce to a simmer and cook until tender. Save some of the cooking liquid. 2. Combine ingredients in blender. Blend until very smooth. 3. If the consistency is too thick, add some saved cooking liquid and blend again until smooth. Top with chopped parsley.

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Tip
1. Add yogurt to a medium bowl.
Barley Stew

SERVES 4

Basic ingredients

- 1 cup barley or brown rice
- ½ cups water
- 2 bay leaves
- 1 tablespoon oil
- 4 cups ground turkey or ground, bone-in, or cubed goat
- 1 very small jalapeño (or ½ teaspoon ground ginger)
- 1 cup brown rice
- 1 clove garlic, finely chopped
- 2 tablespoons oil
- 1 tablespoon fresh ginger
- ½ cup frozen peas
- ½ onion
- 1 carrot
- ½ teaspoon cayenne
- ½ teaspoon oregano
- 1–2 teaspoons salt and pepper to taste
- ½ cup diced tomatoes, no salt added

Vegetables

- 3 medium onions
- 2 cloves garlic
- 2 medium carrots
- 1 pound of okra, or ½ pound of okra, or 2 zucchinis or chayotes
- 1–2 teaspoons of the minced jalapeño
- 1 teaspoon of the minced jalapeño
- 1 teaspoon roasted jalapeño

Spices

- ½ teaspoon cayenne
- ½ teaspoons dried oregano
- Salt and pepper to taste

Preparation:

1. In a colander, rinse barley under cold water.
2. In a medium pot over high heat, bring barley or rice, water and bay leaves to a boil. Reduce heat to low and cover. Cook until tender and water is absorbed, about 30–40 minutes. Set aside.
3. Peel, rinse and dice onions. Peel and mince garlic.
4. In a large pot over medium heat, heat oil. Add chopped onions, garlic, carrots and other veggies to pot. Mix well. Cook until veggies are soft, about 5 minutes.
5. If using turkey, add ground turkey. Cook until turkey is cooked through, about 5 minutes more.
8. If using goat, add goat and cook over low heat until goat is tender—at least an hour.
9. Add cooked barley or rice to the mixture. Stir to combine. Add more water if needed. Cook over low heat to blend flavors, about 5–10 minutes more.
10. Remove bay leaves and serve.

Tips:

- Make a big pot ahead of time and refrigerate for a quick and sustaining dinner throughout the week. You can double the recipe and freeze half—but don’t double the cayenne pepper unless you like it very spicy.
**Tasty Oatmeal**

**Basic ingredients**
- 1 cup rolled oats
- 1 1/2 tablespoons cinnamon

**Tasty toppings**
- diced apricot
- diced banana
- fresh sliced cranberries
- sliced almonds
- walnuts

**Preparation**
1. Bring oatmeal and cinnamon to boil in a pot.
2. Turn down to simmer. Stir occasionally. Cook until thick and creamy, between 5 and 10 minutes.
3. Chop 1/2 cup dried or 1 cup fresh fruit into bite-size pieces. Mix into simmering oatmeal or save to toss on top with the rest of your tasty toppings.

**KID-APPROVED ROASTED VEGGIES**

**Basic ingredients**
- 2 cups water
- 1 cup rolled oats
- 1 teaspoon brown sugar
- 2-3 tablespoons oil
- juice from 2 lemons

**Tasty toppings**
- California raisins
- papaya
- fresh sliced cranberries
- banana
- dried apricots
- apricot

**Preparation**
1. Preheat oven to 425°F. Spread veggies on baking sheet in a single layer.
2. In a colander, drain excess liquid from bulgur mixture.
3. Mix together the sweet or savory seasoning.
4. Coat veggies with sweet or savory mix.
5. Spread veggies on baking sheet in a single layer.
6. Bake until veggies are browned at the edges and tender inside, checking and tossing every 15 minutes.

**Vegetables**

- Choose 1 vegetable from each group.

**CRUNCHY PEANUT SLAW**

- 2 cups cabbage, 1/2 cup carrots and/or 1/2 cup snow peas
- 1/4 cup of any tasty topping

**Instructions**
1. Rinse and chop 2 cups cabbage, 1/2 cup carrots and/or 1/2 cup snow peas.
2. Rinse and chop 1/4 cup of any tasty topping. Toss on top.

**DAIRY**

- Choose 1 dairy from each group.

**NUTS & SEEDS**

- Choose 1 nut or seed from each group.

**MEATS**

- Choose 1 meat from each group.

**TOP TIPS**

- Eggs, beans and nuts are excellent sources of protein and easy to add to almost any dish.
- Add nuts to oatmeal, cereal, salads and stir-fries for a healthy, hearty meal. Raw nuts are often cheaper. Roast them for a delicious snack. Nuts stay fresh longer in the freezer.
- Whole or cut-up bone-in chicken can be a money saver. Bake extra and use all week. Buy family-size packs on sale and freeze.
- Soak and cook dried beans to save money. Canned beans save time, but rinse them before using.
MAKE-IT-A-MEAL SALAD

serves 2

1. Rinse, drain and chop 4 cups of leafy greens.
2. Rinse and chop ½ cup of each of the vegetables.
3. Add ½ cup salad dressing (recipe below).
4. Finish with ½ cup of the optional tasty toppings.

Vegetables

- Mixed greens
- Romaine lettuce
- Broccoli
- Carrots
- Red cabbage
- Snow peas
- Mixed greens
- Sunflower seeds
- Dried cranberries
- Diced pear
- Scallions
- Green onions
- Radish
- Broccoli rabe
- Beets
- Watermelon radish
- Fennel
- Red cabbage
- Bok choy
- Mixed greens

Preparation:
1. Rinse, drain and chop 4 cups of leafy greens.
2. Rinse and chop ½ cup of each of the vegetables and add to the bowl.
3. Add ½ cup salad dressing (recipe below).
4. Finish with ½ cup of the optional tasty toppings.

Tip: If you have leftover vegetables, chop and store in an airtight container for later. For a kid-friendly salad, add chopped pear, tangerine or avocado.

STEP-BY-STEP SALAD DRESSING

serves 2

Oil

- Olive oil
- Lemon juice
- Lime juice
- Mustard
- Sesame oil
- Honey

Citrus or vinegar

- Lemon, lime or orange
- Apple cider vinegar
- White wine vinegar
- Rice vinegar

Seasoning

- Salt
- Pepper
- Garlic
- Rosemary
- Thyme
- Parsley
- Sour cream
- Mayonnaise
- Sour cream
- Tahini
- Dijon mustard
- Soy sauce
- Sesame oil
- Sesame paste
- Tofu

Preparation:
1. Mix 1 Tbsp oil with 2 Tbsp citrus or your choice of vinegar. 2 servings is 5 Tbsp oil plus 2 Tbsp vinegar.
2. Flavor with your choice of seasonings, to taste.
3. Top with ½ cup of the optional tasty toppings.

Tip: Use olive oil mixed with a low cost oil to add lots of flavor for little money.

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