

Low-Cost Five Day Meal Plan

Shopping guide and recipes designed for a family of four.

Food purchased and recipes prepared are based on the Summer season (June, July, and August).

Market Purchases

3 onions
1 green bell pepper
7 tomatoes
1 head garlic
Small head cabbage
Small head cauliflower
3 carrots
One bunch kale
1 carton large eggs
8 small red or white new potatoes
4 stalks corn on the cob
1 pint of strawberries

Grocery Store Purchases

Salt and pepper
Bulgur wheat
Brown rice
Cumin
Chili powder
4 tablespoons beef or chicken bouillon
2 teaspoons apple cider vinegar
1/4 cup low-sodium soy sauce
Olive oil
4 whole-wheat tortillas
4 15-ounce cans kidney beans
2 15-ounce cans black beans
6 slices whole-wheat bread
2 1/2 cups low-fat milk
2 cups reduced-fat cheddar cheese
1 stick butter

Dinner 1 Vegetarian Chili

Dinner 2 Super Stir Fry

Dinner 3 Black bean & Kale Quesadillas with Sweet Corn on the Cob

Dinner 4 Breakfast Casserole & Fresh Strawberries

Dinner 5 Bean & Tomato Stew with Mashed Potatoes

For nutritious tips and tricks, pick up
the phone and call **1-888-814-7627**

For more recipes, please visit:
www.facebook.com/VaFNP

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Vegetable Chili

Number of Servings: 8

Prep Time: 30 minutes

Total Time: 30 minutes

Equipment:

Cutting board

Knife

Colander

Measuring cups

Measuring spoons

Large stew pot

Grater

Ingredients:

1 teaspoon olive oil

1 onion, diced

1/2 green bell pepper, diced

4 tomatoes, diced

2 cloves garlic, minced

1 tablespoon chili powder

2 teaspoons cumin

1/2 cup bulgur, dry

2 15oz cans kidney beans

1 15oz can black beans

1 cup water

4 tablespoons cheddar
 cheese, shredded

Salt and pepper to taste

Directions:

1. In a large cooking pot, heat oil over medium heat until hot.
2. Place the diced onions, garlic, and half of the green pepper in the pot and stir. Save the other half of the green pepper to use later in the week.
3. Add in tomatoes and stir. Cook until onions and peppers are soft.
4. Add chili powder and cumin. Simmer, uncovered, for 15 minutes.
5. Drain and rinse kidney beans and black beans. Add to the vegetables.
6. Add in bulgur wheat and 1 cup of water. Simmer, uncovered, for 15 minutes.
7. When ready to serve, sprinkle with shredded cheese on top.

Nutrition Facts

Serving Size 3/4 cup
 Servings Per Container 8

Amount Per Serving

Calories 290 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 410mg **17%**

Total Carbohydrate 46g **15%**

Dietary Fiber 16g **64%**

Sugars 5g

Protein 18g

Vitamin A 20% • Vitamin C 35%

Calcium 20% • Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet.



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Super Stir-Fry

Number of Servings: 8

Prep Time: 30 minutes

Total Time: 30 minutes

Equipment:

Saucepan

Nonstick pan

Cutting board

Knife

Measuring spoons

Liquid measuring cup

Ingredients:

1 cup brown rice, dry

1 onion, sliced

1/2 green bell pepper, sliced

1 small cabbage, sliced

1 small cauliflower, in florets

3 carrots, thinly sliced

2 cloves garlic, chopped

1 tablespoon olive oil

1 cup water

1 tablespoon chicken or
 beef bouillon

2 teaspoons apple cider
 vinegar

3 tablespoons low-sodium
 soy sauce

Directions:

1. Cook brown rice according to package directions in saucepan.
2. Heat oil over medium heat until hot in the pan.
3. Add strips of onion, green pepper (could use leftovers from chili), and carrots.
4. Add in cauliflower florets and strips of cabbage. Cook and stir for 10 minutes until vegetables are softened.
5. Add the water, soy sauce, and bouillon to the pan and let simmer for an additional 5-10 minutes.
6. Serve with the cooked brown rice.

Nutrition Facts

Serving Size 1 cup
 Servings Per Container 6

Amount Per Serving

Calories 180 **Calories from Fat** 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 450mg **19%**

Total Carbohydrate 34g **11%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 5g

Vitamin A 100% • Vitamin C 80%

Calcium 6% • Iron 6%

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Black Bean Quesadillas with Sweet Corn on the Cob

Number of Servings: 4

Prep Time: 30 minutes

Total Time: 30 minutes

Equipment:

Cutting board
 Knife
 Nonstick pan
 Bowl
 Grater
 Spatula

Ingredients:

1 tablespoon butter
 1/2 tablespoon olive oil
 1/2 bunch kale, chopped
 1 15oz can black beans
 1 tablespoon chili powder
 1 teaspoon cumin
 4 tablespoons cheddar
 cheese, shredded
 4 ears corn
 4 whole-wheat tortillas



Directions:

1. Add olive oil to a non-stick pan and heat to medium.
2. Add kale and cook until tender, approximately 10 minutes.
3. Meanwhile add water to a saucepan and bring to boil. Begin shucking corn and remove excess strands. Add corn to saucepan and cook on high for approximately 10-15 minutes.
4. Rinse and drain black beans. Add to the pan with the kale.
5. Add cumin, and chili powder to kale and bean mixture. Mix well then transfer to a small bowl. Rinse non-stick pan in the sink, dry off, and place back on stove.
6. Add butter to the non-stick pan and heat to medium.
7. Spread butter in pan and place quesadilla on top.
8. Spoon small amount of shredded cheese and bean/kale mixture on one half of the quesadilla.
9. Fold the other half of the quesadilla over, creating a half circle.
10. Wait approximately 1-2 minutes, then flip the quesadilla with the spatula. The outside should be brown but not burned. Cook an additional 1-2 minutes on the other side.
11. Repeat until quesadillas are finished. Drain corn and lightly drizzle with olive oil or butter.

Nutrition Facts

Serving Size 1 tortilla with filling
 Servings Per Container 4

Amount Per Serving

Calories 400 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 530mg **22%**

Total Carbohydrate 59g **20%**

Dietary Fiber 16g **64%**

Sugars 8g

Protein 19g

Vitamin A 120% • **Vitamin C** 120%

Calcium 30% • **Iron** 30%

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Breakfast Casserole with Fresh Strawberries

Number of Servings: 6

Prep Time: 10 minutes

Total Time: 1 hour

Equipment:

Large mixing bowl
 Cutting board
 13 x 9 baking dish
 Knife
 Nonstick pan

Ingredients:

6 large eggs
 4 tablespoons cheddar
 cheese, shredded
 6 slices whole wheat bread,
 cut in small squares
 1 1/2 cups skim milk
 1/2 bunch kale, chopped
 3 medium new potatoes,
 diced
 1 onion, diced
 1 tablespoon olive oil
 Salt and pepper to taste
 1 pint fresh strawberries

Directions:

1. Preheat oven to 350°F.
2. Heat olive oil in nonstick pan. Add onions, kale, and potatoes and cook for 10 minutes.
3. Meanwhile, crack and beat the eggs in a large mixing bowl. Mix in the milk and cheese, and add salt and pepper to taste.
4. Add the bread and carefully stir until all pieces are wet.
5. Add in kale, onion, and potato mixture and stir.
6. Pour into a 13 x 9 baking dish and bake in oven for 50 minutes, or until the top is browned.
7. While casserole is baking, wash and remove tops from strawberries. Slice as desired and place into a small serving bowl.

Nutrition Facts

Serving Size 3/4 cup (308.75g)
 Servings Per Container 6

Amount Per Serving

Calories 280 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 205mg **68%**

Sodium 170mg **7%**

Total Carbohydrate 33g **11%**

Dietary Fiber 3g **12%**

Sugars 10g

Protein 16g

Vitamin A 80% • **Vitamin C** 130%

Calcium 25% • **Iron** 15%

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Bean and Tomato Stew with Mashed Potatoes

Number of Servings: 8

Prep Time: 1.5 hours

Total Time: 1.5 hours

Equipment:

Large mixing bowl
 Cutting board
 13 x 9 baking dish
 Knife
 Nonstick pan

Ingredients:

2 15oz cans red kidney beans
 1 onion, diced
 3 tomatoes, diced
 5 new potatoes, diced
 1 tablespoon chicken or beef
 bouillon
 1 tablespoon butter
 1/2 cup skim milk
 Salt and pepper to taste
 1 tablespoon olive oil

Directions:

1. Add 6 cups of water to a medium sauce pan and bring to a boil.
2. While water is heating, peel potatoes and dice into small cubes. Add to water and cook until soft for approximately 15-20 minutes.
3. Heat olive oil in a nonstick pan on medium heat. Add in onions and cook until softened for approximately 5-10 minutes. Add in tomatoes and bouillon. Continue to cook on medium heat.
4. Once potatoes are softened, drain water from pan with colander. Add milk and butter to the potatoes along with salt and pepper to taste and mix with the mixer or potato masher.
5. Rinse and drain red kidney beans and stir into the tomato and onion mixture. Continue on medium heat for another 5 minutes.
6. Serve on top of or on the side of mashed potatoes.

Nutrition Facts

Serving Size 1 cup		Servings Per Container 8	
Amount Per Serving			
Calories 190	Calories from Fat 45		
% Daily Value*			
Total Fat 5g			8%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 25mg			8%
Sodium 360mg			15%
Total Carbohydrate 28g			9%
Dietary Fiber 6g			24%
Sugars 5g			
Protein 9g			
Vitamin A 10%	•	Vitamin C 30%	
Calcium 8%	•	Iron 10%	
* Percent Daily Values are based on a 2,000 calorie diet.			



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