

High-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

4 pounds lean ground beef
6 onions
3 potatoes
5 carrots
10 tomatoes
2 cups green beans
8 medium green bell peppers
2 cartons berries (any kind, or a mix)
1 small head cabbage
2 eggplants
4 zucchini
4 cloves garlic
2 ears corn
3 yellow squash
1 bunch spinach
2 bunches asparagus
Few sprigs thyme

Grocery Store Purchases

½ cup instant brown rice, uncooked
¼ cup vinegar
2 tablespoons brown sugar
Olive oil
1 cup shredded reduced fat cheddar cheese
1 cup low-fat milk
½ cup cornmeal
Chili powder
1 box whole-wheat spaghetti
All-purpose flour
1 cup granola
1 cup low-fat buttermilk

Dinner 1 – Vegetable Beef Stew & Berry Salad

Dinner 2 – Stuffed Green Peppers & Cabbage Salad

Dinner 3 – Southwest Casserole & Roasted Tomatoes and Squash

Dinner 4 – Spinach Hamburger Stroganoff & Roasted Asparagus

Dinner 5 – Ratatouille & Simple Peach Crisp

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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Hearty Beef and Vegetable Soup with Berry Salad

Number of Servings: 6

Prep Time: 20 minutes

Total Time: 1 hour

Equipment:

Stock pot with lid
 Spatula
 Cutting board
 Knife
 Mixing spoon
 Colander

Ingredients:

1 pound ground beef
 1 onion, chopped
 3 white potatoes, cubed
 4 carrots, thinly sliced
 3 tomatoes, chopped
 2 cups green beans
 3 cups berries, any kinds
 1 tablespoon ground paprika
 Salt and pepper to taste

Directions:

1. Heat stock pot to medium. Place ground beef in stock pot and use spatula to break into small pieces as it browns. Keep on stirring until no longer pink.
2. Add onions, carrots, tomatoes, potatoes, and paprika to pot. Add enough water to cover.
3. Snap green beans and rinse in colander, removing all dirt. Add snapped green beans to stock pot.
4. Bring water to a boil and reduce heat to simmer. Cook until tender, about 30-40 minutes.
5. Rinse berries. Mix together in small bowl and serve with soup.

Nutrition Facts

| | | | |
|---|------|--------------------------|------------|
| Serving Size 1 cup | | Servings Per Container 8 | |
| Amount Per Serving | | | |
| Calories | 280 | Calories from Fat | 110 |
| % Daily Value* | | | |
| Total Fat | 12g | | 18% |
| Saturated Fat | 4.5g | | 23% |
| Trans Fat | 0.5g | | |
| Cholesterol | 40mg | | 13% |
| Sodium | 75mg | | 3% |
| Total Carbohydrate | 32g | | 11% |
| Dietary Fiber | 6g | | 24% |
| Sugars | 12g | | |
| Protein | 13g | | |
| Vitamin A | 110% | Vitamin C | 45% |
| Calcium | 6% | Iron | 10% |
| * Percent Daily Values are based on a 2,000 calorie diet. | | | |



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Stuffed Bell Peppers with Cabbage Salad

Number of Servings: 6

Prep Time: 20 minutes

Total Time: 40 minutes

Equipment:

Cutting board

Knife

Baking pan

Measuring cups

Nonstick skillet

Small saucepan

Small bowl

Grater

Ingredients:

1 pound lean ground beef

1 onion, diced

1 tomato, diced

1 cup of brown rice, dry

6 medium green peppers

1 tablespoon olive oil

4 tablespoons cheddar

cheese, shredded

1 small head cabbage

1 carrot, grated

1/4 cup vinegar

2 tablespoons brown sugar



Directions:

Stuffed Bell Peppers:

1. Cut green peppers in half and remove the tops and seeds. Set aside.
2. Bring 2 cups of water to a boil in a small saucepan. Add brown rice and 1 tablespoon of the olive oil and reduce heat to simmer. Cook until water has been absorbed.
3. Heat skillet to medium and add ground beef. Use spatula to break into smaller pieces as it browns. Once browned, add tomatoes and 1/2 of the onion. Cook for 10 minutes.
4. Add rice and meat mixture together. Salt and pepper as desired. Spoon mixture into green pepper halves, and place in a greased baking dish. Bake at 350°F for an additional 30 minutes. Top with cheese for the last 5 minutes if desired.

Cabbage Salad:

1. Remove the outer leaves of the cabbage that are wilted or dirty. Wash remaining cabbage head under cool water. Cut cabbage into quarters, removing and disposing of the core. Carefully slice thin layers of cabbage off the quarters and add to a small salad bowl.
2. Wash carrot and use a grater to shred. Add to bowl. Add the other half of the diced onion to the bowl. In a separate bowl, mix together the olive oil, vinegar, and brown sugar.
3. Pour over cabbage mixture and mix well. Salt and pepper as desired. Serve with stuffed peppers.

Nutrition Facts

Serving Size 1 item (349.96g)
 Servings Per Container 6

Amount Per Serving

Calories 320 Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 105mg **4%**

Total Carbohydrate 39g **13%**

Dietary Fiber 5g **20%**

Sugars 9g

Protein 22g

Vitamin A 50% • Vitamin C 200%

Calcium 10% • Iron 20%

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

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Southwestern Casserole & Roasted Tomatoes with Squash

Number of Servings: 6

Prep Time: 20 minutes

Total Time: 1.5 hours

Equipment:

Nonstick skillet

Cutting board

Knife

Measuring cups and spoons

Small saucepan

Two 2-quart baking dishes

Ingredients:

1 pound lean ground beef

1 onion, diced

2 cloves of garlic, minced

1 tablespoon olive oil

3 tomatoes, 1 diced and 2 quartered

2 ears of corn

3 yellow squash, sliced

1 cup low-fat milk

1/2 cup cornmeal, dry

2 tablespoons chili powder

4 tablespoons cheddar cheese, shredded



Directions:

1. Preheat oven to 350°F.
2. Fill sauce pan half-way with water and heat to boiling. Shuck corn and add to saucepan. Boil for 10 minutes.
3. Heat skillet to medium and add ground beef. Use spatula to break into smaller pieces as it browns.
4. Add onion, garlic, and diced tomato to mixture. Cook until meat is completely browned.
5. Carefully remove corn from saucepan. Hold with oven mitts while slicing off kernels. Add corn kernels to meat mixture.
6. Add milk to the skillet. Stir well.
7. Stir in cornmeal and chili powder.
8. Pour into a well-greased 2 quart casserole pan and cover with aluminum foil.
9. Bake for 45 minutes. Meanwhile, add the quartered tomatoes and squash to a separate casserole dish. Drizzle olive oil and salt and pepper over the top. Mix well. Add dish to the oven with the casserole. Remove when casserole dish is done or when tomatoes and squash begin to brown on top.
10. Uncover casserole dish, sprinkle with cheese, and bake for 15 minutes more. Dish is ready when a knife is inserted in center and comes out clean.

Nutrition Facts

| | |
|---|----------------------|
| Serving Size 1 cup | |
| Servings Per Container 6 | |
| Amount Per Serving | |
| Calories 270 | Calories from Fat 90 |
| % Daily Value* | |
| Total Fat 9g | 14% |
| Saturated Fat 3.5g | 18% |
| Trans Fat 0g | |
| Cholesterol 55mg | 18% |
| Sodium 230mg | 10% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 4g | 16% |
| Sugars 9g | |
| Protein 22g | |
| Vitamin A 25% | Vitamin C 30% |
| Calcium 15% | Iron 15% |
| * Percent Daily Values are based on a 2,000 calorie diet. | |

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Spinach Hamburger Stroganoff and Roasted Asparagus

Number of Servings: 6

Prep Time: 20 minutes

Total Time: 30 minutes

Equipment:

Cutting board

Knife

Sauce pan

Two nonstick skillet

Small bowl

Measuring cups and spoons

Ingredients:

1 pound lean ground beef

1/2 pound whole-grain pasta

1 onion, diced

1/4 cup whole-wheat flour

1 cup water

1 cup buttermilk

1 bunch spinach

2 bunches asparagus

1 tablespoon olive oil

Directions:

1. Preheat oven to 350°F.
2. Cook noodles as directed on package, strain when done and set aside.
3. Wash asparagus and remove bottom ends. Add to a baking dish and drizzle with olive oil, salt and pepper. Add dish to pre-heated oven.
4. Heat nonstick skillet to medium. Add ground beef and use spatula to break into smaller pieces as it browns.
5. Add onions and washed spinach and cook until meat is browned completely.
6. In a small bowl stir together water and flour until lumps disappear.
7. Pour mixture of meat and allow thickening.
8. Slowly stir in buttermilk, continue to heat for three to four minutes.
9. Pour beef mixture over noodles, mix well and serve with roasted asparagus.

Nutrition Facts

Serving Size 1 cup
 Servings Per Container 6

Amount Per Serving

Calories 320 Calories from Fat 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 150mg **6%**

Total Carbohydrate 39g **13%**

Dietary Fiber 6g **24%**

Sugars 6g

Protein 26g

Vitamin A 60% • Vitamin C 20%

Calcium 10% • Iron 30%

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



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Ratatouille and Simple Peach Crisp

Number of Servings: 6

Prep Time: 20 minutes

Total Time: 30 minutes

Equipment:

Nonstick skillet

Cutting board

Knife

Measuring cups and spoons

Spatula

4 microwave safe small bowls

Ingredients:

2 onions, diced

2 eggplants, cubed

4 zucchini, sliced 1/2 inch thick

2 bell peppers, diced

3 tomatoes, diced

2 cloves garlic, minced

2 teaspoons olive oil

1 tablespoon fresh thyme, minced

1 tablespoon fresh oregano, minced

1 tablespoon fresh basil, minced

4 peaches, sliced

1 cup granola

Directions:

1. Heat oil over medium high heat in nonstick skillet. Add onions, eggplant, zucchini, tomatoes, and green peppers to the skillet.
2. Add minced garlic to the skillet and continue to cook and stir for 3-5 minutes.
3. Add thyme, oregano, and basil to skillet.
4. Reduce heat, cover and simmer 30-45 minutes until vegetables are tender. Stir occasionally to prevent sticking. The longer it cooks, the more flavors will blend.
5. Uncover and cook an additional 5 minutes to reduce liquid.
6. Meanwhile, wash and dry peaches.
7. Slice peaches, removing skin or leaving skin on. Remove pit and discard.
8. Add sliced peaches to 4 individual microwave safe bowls. Top with granola and microwave on high for 5 minutes. Serve warm for dessert.

Nutrition Facts

Serving Size 1 cup and 3/4 cup
 Servings Per Container 6

Amount Per Serving

Calories 270 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 47g **16%**

Dietary Fiber 13g **52%**

Sugars 29g

Protein 9g

Vitamin A 30% • Vitamin C 120%

Calcium 10% • Iron 25%

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



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