

EATING RIGHT WHEN MONEY IS TIGHT



Thrifty meal planning that is nutritious and delicious.

PLAN

- Check what you have in your pantry, fridge, & freezer
- Use "framework recipes" using The Plate Method
- Shop with a list & prioritize spending
- Plan for leftovers or nights out



PURCHASE

- Compare unit prices
- Shop seasonal and/or local produce
- Use a variety of fresh, frozen, canned & dried options
- Search coupons, use store apps, or adjust your recipes to account for special sales



The Plate Method

Make a balanced meal by including one item from each food group you see.

1/2 of your plate:

- non-starchy vegetables

1/4 of your plate:

- fiber-rich carbohydrates

1/4 of your plate:

- lean protein

Plus...Heart Healthy Fats



PREPARE

- Make items yourself (ie. sauces or salsas)
- Batch cook & freeze for later
- Wash & prep fruits & veggies ahead of time
- Use "convenience" foods when you need them (ie. frozen veggies)
- Find ways to save time (helpful tools or favorite recipes)



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Recipe inspired by:

Yields: 4 servings

Southwest Chicken

A recipe full of fiber, vitamin C & folate, costing less than \$2 per serving!

INGREDIENTS

- 1 Tablespoon vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 (10 ounce) can diced tomatoes with green chilies
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (8.75 ounce) can whole kernel corn, rinsed and drained
- 1 pinch ground cumin
- 1 pinch dried cilantro

DIRECTIONS

- In a large skillet, heat oil over medium high heat. Brown chicken breasts on both sides. Approximately 2-4 minutes per side.
- Add tomatoes with green chilies, beans and corn.
- Reduce heat and let simmer for 25 to 30 minutes or until chicken is cooked through and juices run clear.
- Add a dash of cumin.
- Sprinkle with cilantro.
- Serve with rice, quinoa or couscous.

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