

Grocery List

Below is a shopping list that will allow you to make ALL of the meals in the 5 Quick and Cheap Healthy Meals video (www.youtube.com/watch?v=SFm_vIfTIZ8) - with leftovers!. All of the recipes are below, with a "time stamp" to show you where you can find the demo in the YouTube video. Look for the clock! 🕒

- ❑ **Whole wheat wraps** \$3.09 for 8ct
- ❑ **Yogurt** \$3.99 for 32oz vanilla Greek yogurt
- ❑ **Peanut butter** \$2.99 for 16oz
- ❑ **Banana** \$0.29 per banana
- ❑ **Frozen Mixed Berries** \$2.69 for a 12oz bag
- ❑ **Spinach** \$2.50 for a 6oz bag
- ❑ **Tomato** \$1.00 each (2 plum tomatoes)
- ❑ **Cucumber** \$1.99 two count
- ❑ **Granola** \$3.99 for 11oz
- ❑ **Whole Wheat Pasta** \$1.39 for 13.2oz box
- ❑ **Shredded cheese** \$2.29 for 8oz bag
- ❑ **Tuna** \$1.19 for 5oz can
- ❑ **Low-sodium canned Beans** \$0.95 per 15oz can
- ❑ **Salsa** \$1.79 for 15oz jar
- ❑ **Chicken** (leftover)
- ❑ **Tupperware**

Grocery Bag Total: \$30.43
= 15 meals!

When shopping, look at the store's sales for the week and compare prices on similar items to get the best deal. Store brands are often equal quality for a fraction of the cost!

Take advantage of your benefits. All of these items (except Tupperware and precooked chicken) can be purchased with SNAP!

Banana Wrap

Ingredients

- 1 Whole wheat tortilla \$0.39
- 1 Banana \$0.29
- 2 tablespoons vanilla Greek yogurt \$0.13
- 2 tablespoons all natural peanut butter \$0.21
- 2 tablespoons granola or chopped nuts \$0.15

🕒 Find it in the video at 47 seconds

Total Cost: \$1.17 per wrap

Directions

- Mix together vanilla Greek yogurt and peanut butter
- Spread the mixture on a whole-wheat wrap
- Slice a banana and add it to the wrap
- Top with 2 tablespoons granola or nuts
- Fold up the wrap and eat or put it in tinfoil or saran wrap to take on the go.



Fruit Parfait

Ingredients

2/3 cup vanilla Greek yogurt \$0.66

2 tablespoons granola or nuts \$0.15

1/2 cup fruit of your choice

~Suggestions:

Mixed frozen berries - \$0.90

Banana - \$0.29



Directions

Add the following to your bowl, or a container to take on the go:

1/3 cup of the vanilla Greek yogurt

1/2 cup fruit

Another 1/3 cup of the vanilla Greek yogurt

2 tablespoons nuts or granola

 Find it in the video at 1 minute 47 seconds

Total cost: \$1.10-1.71

Tuna or Chicken Wrap

Ingredients

1 can tuna packed in water, drained -- \$1.19

You can substitute chicken or beans if you don't have tuna! Cannellini beans or chickpeas would work well.

1 whole wheat tortilla \$0.39

1/2 cup spinach \$0.22

2 slices of tomato (about 1/2 of a small tomato) --\$0.50

2 tablespoons shredded cheese--\$0.14

1-2 tablespoons dressing or condiment of your choice – whatever is in your fridge!

Directions




Add the spinach and tomato to the wrap shell.

Drain the tuna and mix with 1-2 tb of your choice of condiment. *Mayonnaise is traditional, but you can also try mustard, tzatziki sauce, or lemon juice and olive oil.*

Add tuna mixture to wrap.

Fold the wrap shell and eat! Or, wrap in

 Find it in the video at 2 minutes 44 seconds

Total cost: \$2.44

Bean Wrap

Ingredients

1/2 cup black beans --

\$0.14

Whole wheat tortilla --

\$0.39

1/4 cup shredded cheese

-- \$0.28

Find it in the video at 4 minutes 8 seconds

Total cost: \$1.08

Directions

Drain and rinse a can of black beans

Add the black beans, cheese, and salsa to the wrap.

Fold up the wrap. If you want, heat it in the microwave for 30 seconds before eating. Eat right away or wrap and take on the go. **Do not put tin-foil in the microwave!** Put it in a glass dish or on a few paper towels.



Pasta Salad

Ingredients

1 cup whole wheat pasta-- \$0.22

1 small tomato--\$1.00

1/2 cucumber--\$0.50

3 ounces leftover chicken

2 tablespoons shredded cheese--\$0.14

2 tablespoons dressing of your choice from your fridge!



Directions

Scoop 1 cup of leftover pasta into your bowl or container.

Slice 1 small tomato, 1/2 cucumber, and 3 ounces leftover chicken (about the size of your palm) and add to the noodles.

Top with 2 tablespoons shredded cheese and 2 tablespoons dressing of your choice. Italian dressing works well!

Enjoy now or take on the go!

Find it in the video at 4 minutes 41 seconds

Total cost: \$1.86