





## Table of Contents

### General Budgeting Tips

#### Breakfast

- o Veggie Frittata
- o Overnight Oats
- o Baked Oatmeal
- o Freezer Breakfast Burritos
- o Chia Seed Pudding

#### Lunch

- o Chicken and Apple Salad
- o Bento Boxes
- o Other Easy Ideas

#### Dinner

- o Portabella Mushroom Burgers
- o Fiesta Beef Pie
- o Hearty Vegetarian Chili
- o Baked Ziti
- o BBQ Chicken Pizza

## General Budgeting Tips

1. Buy food and supplies in bulk.
2. Convenience foods may cost you more. Chop your own fruits and vegetables, buy bigger boxes of snacks (and divide yourself) instead of individual packages, and avoid pre-seasoned meat and seafood.
3. Sign up for rewards programs/free accounts with your local grocery store. Clip coupons before shopping and look at the weekly ads for great deals.
4. Freeze leftovers! Perfect for a day that you do not want to cook and it helps you avoid ordering food.
5. Shop with a list. Impulse purchases can rack up the bill.
6. Buy generic brand food over name brands.

## Breakfast Ideas

### Vegetable Frittata

---

*Serving size: two to four. Frittatas are a great way to use up vegetables and can be enjoyed for breakfast, lunch or dinner. Substituted the vegetables you have in your fridge, just use the same amounts noted below. Any type of cheese can also be substituted.*

#### Ingredients:

6 large eggs  
1 tablespoon olive oil  
1 small onion finely chopped  
3 small potatoes diced  
½ cup zucchini, in half inch pieces  
½ cup goat cheese crumbles

#### Directions:

Pre-heat oven to 425 degrees

In a small bowl beat the eggs with a pinch of salt. Set aside.

In an 8.5 inch OVEN PROOF skillet over medium heat add the olive oil. Sauté the onions until they begin to turn brown. Add in the zucchini (and other vegetables if using) and potatoes and cook until potatoes are soft.

Add in eggs and cheese. Do not mix. Cook over medium heat until the bottom of the eggs are set. Once set put into oven and cook 4-5 minutes until the eggs are all cooked and the top is brown.

Remove and enjoy (you may want to let it cool a minute).

### Easy Overnight Oats

-serving: 1, easily can double or triple for meal prep

#### Ingredients:

½ cup rolled oats  
½ cup milk of choice  
¼ cup of yogurt  
pinch of salt  
optional sweetener: maple syrup or honey  
optional add ins: diced apples, frozen berries, peanut butter, shredded coconuts, banana slices, chia seeds

1. Place all ingredients into a container and cover in the fridge for at least two hours or overnight.
2. Toppings can be added immediately before serving.

## Baked Oatmeal (link)

Servings: 4 to 6

### Ingredients

2 cups rolled oats

1 ripe banana, mashed

1 cup milk

¼ cup peanut butter (can substitute for any nut butter)

¼ cup maple syrup or honey

¼ cup coconut oil or butter

1 tsp baking powder

1 tsp cinnamon

½ tsp salt

optional add ins: chocolate chips, chopped nuts, frozen or fresh fruit, coconut flakes

1. preheat the oven to 350 degrees F and grease an 8x8 dish
2. whisk together the wet ingredients (banana, milk, maple syrup, nut butter, coconut

4. assemble tortillas on top of





---

---

## Hearty Vegetarian Chili

- 1 TBS. canola or olive oil
- 1 onion, chopped (about 1/2 cup)
- 1 small green pepper, chopped (about 1/2 cup)
- 1/2 TBS. chili powder
- 1/3 tsp. garlic powder or 1 clove garlic, minced\*
- 1/2 TBS. ground cumin
- 1 1/2 cup V8 juice (one individual-serving 12 oz. bottle)
- 1 can (~ 15 oz.) black beans, drained and

1. In a large saucepan over medium heat, heat oil. Add onion, pepper, garlic, chili powder and cumin and cook until onion is tender.
2. Add V8 juice. Heat to a boil. Reduce heat to low.
3. Cook 5 minutes. !

## BBQ Chicken Pizza

- 1 (14 oz.) refrigerated Pillsbury pizza crust dough
- 1 (10 oz.) can Premium Chunk Breast of Chicken in water, drained \_\_ 2 cups cooked chicken breast, diced
- 1-1/2 cups of your favorite BBQ sauce
- 1 medium red onion, thinly sliced
- 2 cups shredded part-skim milk Mozzarella cheese.

1. Preheat the oven to 400 degrees.
2. Lightly spray a cookie sheet or 12" pizza pan with PAM spray.
3. Unroll the pizza crust dough and press into the pan.
4. In a medium bowl, combine the chicken and BBQ sauce; spread the mixture evenly over the dough.
5. Sprinkle the onion slices over the chicken mixture and top with cheese.
6. Place the pizza on a lower rack in the oven and bake for about 15 to 20 minutes until the crust is firm and lightly browned.
7. Cut into 8 servings.

### Variations:

To complete your meal, add a tossed green salad with light salad dressing.