

# Foods on a Budget

## 5 simple tips



### **Peanut Butter and Jelly Sandwich**

on whole grain bread

"The Classic Lunch"

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I am a mom of hungry teenagers and a  
dietitian-nutritionist on a budget

# Tip #1 : Watch your eating habits

Increase your awareness of choices you make.

Stretch your budget. One pound of meat can serve 4 people. Add veggies and beans to double the serving.

Have a plan for how many meals you eat out and how many meals are cooked at home per week.

Take note of how much you spend and what your food budget is per week.

Consider buying foods that are amazing in nutritional value.



## Food Plan

According to the USDA, the Thrifty Food plan for a family of 4 (couple with children 6 to 8 and 9 to 11yrs) is \$148.90 a week; a low-cost plan is \$195.50; a moderate-cost plan is \$245.00; a liberal-cost plan is \$297.30. As of December, 2018.

## Tip #2 : Create a meal plan

Make a list of your favorite meals.

Write 5 main meals for the week.

Add a theme:

Monday: vegetarian meal

Tuesday: Mexican

Wednesday: Indian

Thursday: Italian

Friday: grilling or leftover meals

Include a hearty soup, stir-fry dish, or one dish casserole.

Have fish and seafood twice a week.

Prepare a meal once and reheat later, such as soups or grains.



### Quinoa

Stores well for lunches and salads.

Write down all the meals that you are planning to make for the week.

## Tip #3: Before you go to the store...

Create a shopping list based on your meal plan.

Check your pantry and fridge first then create the list.

Clean your fridge.

It is easy to throw foods away when you buy too much or when you don't use them in time.



### Eggs and beans for breakfast!

Make hard-boiled eggs the night  
before for breakfast or lunch.

Fried eggs and rice with black beans for  
breakfast, lunch or dinner.

## Tip #4: In the store

Be a smart shopper: read unit price per ounce or per pound, buy foods in bulk and freeze, read the nutritional label, buy generic, choose a block of cheese to grate later, choose less processed foods.

Practice minimalism: only buy what you need for the main meals.



Look on the upper and lower shelves to not miss the best priced items.

Identify which ready to eat foods are handy for you because they cost more.

Buy cut up fruits, and packaged salads if they help you to eat healthy.

A whole chicken costs less than skinless chicken breasts.

## Other key ingredients:

\$1.00 per pound produce (seasonal produce).

Freezer items- fruits, veggies, frozen pizzas.

Canned items- beans, chickpeas, tuna.

Dry items - brown rice, dry beans, lentils.



### Cauliflower

the \$1 vegetable per pound.

Get enough vegetables  
and fruits for the week.

## Tip #5: At home...

Invest time to prep multiple items one day.

Make brown rice for fried rice.

Chop vegetables (carrots, celery).

Make ahead some dips or marinades.

Wash lettuces and keep it in the fridge in a salad spinner.

Freeze: leftover sauces, broths, milk, berries and label these.



Wash, chop and store for a quick stir-fry meal.

Key kitchen equipment:  
slow cooker, instant pot,  
salad spinner, cheese  
grater, and a good knife.

# In the Summer



Grow some foods.  
Start in the Spring with seeds.  
Grow herbs in a pot.



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