

Pinching Pennies AND Counting Calories: Healthy Eating on a Budget

Buy these 2 dozen items from Wal-Mart or your local grocery store and plug them into the corresponding weekly meal plan to meet your eating and budget goals!

Grocery Item	Servings/ Pkg	Serving Size	Calories/ Serv	g Pro/ Serv	Cost/ Pkg	Cost/ Serv
1 dozen <i>Sunny Meadow</i> Large Grade A Eggs	12	1 egg	70	6	1.88	0.16
12 oz package <i>Bistro Sensations</i> Spinach with Mozzarella Fully Cooked Chicken Sausage	8	1/2 link	60	8.5	3.98	0.50
6 pack <i>Mini Babybel</i> Mozzarella Style Cheese	6	1 cheese	50	6	2.98	0.50
2 - 2.6 oz package <i>Starkist</i> Tuna Creations Lemon Pepper	2	1/2 pouch	40	9	1.25	0.63
2 - 3oz packs <i>Trans Ocean</i> Seafood Snackers	1	4 crab sticks	80	6	1.00	1.00
16 oz package <i>Great Value</i> Dried Black Beans	13	1/2 cup cooked	100	7	1.38	0.11
1 lb package <i>Tilapia Fillets</i> Individually Vacuum-Sealed	16	1 oz	25	5	4.48	0.28
32 oz <i>Great Value</i> Greek NonFat Yogurt Plain	8	1/2 cup	60	11.5	3.98	0.50
1/2 gallon <i>Great Value</i> Fat Free Milk	8	1 cup	90	8	2.14	0.27
22 oz <i>Ocean Mist Farms</i> Romain Hearts	11	1 cup chopped	10	0	2.88	0.26
14 oz bag <i>Birds Eye</i> Recipe Ready Tri-Color Pepper & Onion Blend	5	3/4 cup frozen	20	0	1.96	0.39
14 oz bag <i>Birds Eye</i> Recipe Ready Zucchini, Yellow Squash, Red Onion, & Red Pepper Blend	4.5	3/4 cup frozen	20	0	1.96	0.44
12 oz bag <i>Marketside</i> Broccoli Slaw	4	1 cup raw	25	2	1.78	0.45
16 oz package <i>Great Value</i> Microwavable Green Beans	4	1 container	20	1	1.88	0.47
12 oz package <i>Great Value</i> Whole Blueberries	5	1/2 cup	40	0	2.94	0.59
1 <i>Del Monte</i> Banana	2	1/2 banana	60	0	0.29	0.15
5 lb bag <i>Gala Apples</i>	11	1 apple	60	0	4.97	0.45
16 oz bag <i>Great Value</i> Frozen Sliced Peaches	6	1/2 cup	30	0	2.48	0.41
9oz package <i>Flatout</i> Hungry Girl Foldit Flatbread 100% Whole Wheat with Flax	12	1/2 flatbread	45	3.5	2.98	0.25
18 oz package <i>Great Value</i> 100% Whole Grain Old Fashioned Oats	26	1/4 cup dry oats	75	2.5	1.68	0.06
1 pack <i>Minute</i> Ready To Serve! Whole Grain Brown Rice	4	1/2 container	115	2.5	1.84	0.92
14 oz bottle <i>Marketside</i> Chipotle Ranch Yogurt Dressing	14	2 Tbsp	25	1	3.78	0.27
8oz can <i>Great Value</i> No Salt Added Tomato Sauce	4	1/4 cup	20	1	0.33	0.08



Cinnamon, Reduced Sodium Soy Sauce, Chunky Salsa, Pam Spray, Lemon Juice, Artificial Sweetener, Dijon Mustard

Pinching Pennies AND Counting Calories: Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
AM Notes	Soak Black Beans all day.	Place one 4 oz tilapia fillet in refrigerator to thaw.			Place one 4 oz tilapia fillet in refrigerator to thaw.		
Breakfast	Breakfast Wrap (MS)	Overnight Oats (SDF)	Cheese Toast (MS)	Overnight Oats (SDF)	Cheese Toast (MS)	Overnight Oats (SDF)	Breakfast Bowl (MS)
Snack	1 Babybel cheese (M)	1 hardboiled egg (M)	1 small apple (F) dipped in 1/2 cup Cinnamon Yogurt (D)	Black Bean No-Yolk Deviled Egg (MM)	1/2 banana (F) dipped in 1/2 cup Cinnamon Yogurt (D)	1 hardboiled egg (M), 1 cup milk (D)	1/2 cup peaches (F) dipped in 1/2 cup Cinnamon Yogurt (D)
Lunch	Tuna with Pita Wedges: 1 pouch seasoned tuna (MM) spread onto 1/2 flatbread sliced into triangles (S) served with 1 container green beans (V)	Black Bean Salad : 1/2 cup Chipotle Ranch Black Beans (M) served over 1 cup romain lettuce (V), garnished with salsa as desired - <i>Prepare 2 1/2 cups of chipotle ranch black beans. Save four, 1/2 cup servings for day 4, 5, 6, 7.</i>	Leftover Chicken Sausage with Peppers & Onions (MMV)	Leftover Tilapia & Veggies Baked in Foil Pouch (MMV) served with 1/2 cup rice (S)	Leftover Crab Cakes (MMS) served with 1 container green beans (V)	Tuna Wraps: 1 pouch seasoned tuna (MM) spooned onto lettuce leaves served with 1 container green beans (V)	Leftover Southwestern Tilapia (MMV)
Snack	1 small apple (F) dipped in 1/2 cup Cinnamon Yogurt (D) - <i>Prepare 2 1/2 cups of cinnamon yogurt. Save four 1/2 cup servings for days 2, 3, 5, 7.</i>	1 Babybel cheese (M), 1/2 cup peaches (F)	1 hardboiled egg (M)	Frozen Yogurt Treats (DF)	1 hardboiled egg (M)	1 Babybel cheese (M), 1 small apple (F)	1/2 cup Black Bean Dip (M) served with 1/2 flatbread sliced into triangles for dipping (S)
Dinner	Chicken Sausage with Peppers & Onions (MMV) <i>Prepare 2 servings. Save 1/2 of mixture for day 3 lunch.</i>	Tilapia & Veggies Baked in Foil Pouch (MMV) served with 1/2 cup brown rice (S) <i>In total, prepare 4 oz tilapia, 1 1/2 cup vegetables, & 1 container of brown rice. Save half of everything for day 4 lunch.</i>	Crab Cakes (MMS) served with 1 cup romain lettuce (V) topped with 2 Tbsp chipotle ranch yogurt dressing - <i>Cook 1 container of rice. Use 1/2 for crab cake recipe & save 1/2 for day 7 breakfast. Prepare 2 servings of crab cakes. Save 1/2 of recipe for day 5 lunch.</i>	Asian Lettuce Wraps (MMV) - <i>Prepare 2 servings. Save 1/2 of mixture for day 7 dinner.</i>	Southwestern Tilapia (MMV) - <i>Prepare 2 servings. Save 1/2 of recipe for day 7 lunch.</i>	Pizza Night (MS) served with 1 cup romain lettuce (V) topped with 1/2 cup Chipotle Ranch Black Beans (M)	Leftover Asian Lettuce Wraps (MMV)
Snack	1/2 banana (F), 1 cup milk (D)	1/2 cup Cinnamon Yogurt (D)	1 cup milk (D), 1/2 cup peaches (F)		1 cup milk (D), 1/2 cup peaches (F)		Frozen Yogurt Treats (DF)
PM Notes	Cook Black Beans while you are preparing dinner. Prepare Chipotle Ranch Black Beans , Overnight Oats , & 4 hardboiled eggs. Place frozen peaches in container or sealed bag to thaw.	Place frozen peaches in container or sealed bag to thaw.	Make Frozen Yogurt Treats & Black Bean Dip .	Place frozen peaches in container or sealed bag to thaw.		Place frozen peaches in container or sealed bag to thaw.	
Stats	\$5.72, 740 cal, 75 g pro	\$5.00, 728 cal, 60 g pro	\$6.19, 815 cal, 69 g pro	\$5.73, 803 cal, 66.5 g pro	\$5.17, 720 cal, 63 g pro	\$5.57, 823 cal, 68 g pro	\$6.57, 795 cal, 75 g pro

Pinching Pennies AND Counting Calories: Recipes

Asian Lettuce Wraps: Chop 2 *Bistro Sensations Spinach with Mozzarella Fully Cooked Chicken Sausage* links. Sauté 2 cups of broccoli slaw and 2 tablespoons of soy sauce in pan sprayed with Pam. Add sausage to pan and cooked until heated through. Spoon sausage mixture into romaine lettuce leaves. This provides 2 servings. **1 serving = 2M, 1V.**

Black Beans: Rinse 16 oz package of dried beans in colander. Place rinsed beans into large pot. Add 6-8 cups of cold water. Allow to soak over night or at least 6-8 hours. Drain soak water and rinse beans. Return beans to large pot and add 6 cups of water. Simmer gently with lid slightly ajar until desired tenderness is reached. Cook time is about 1 ½ - 2 hours. Use 2 cups of cooked beans to make **Chipotle Ranch Black Beans**. You can freeze the remaining beans in a sealed freezer bag or air-tight containers.

Black Bean Dip: Blend or mash 1 cup of **Chipotle Ranch Black Beans**. This makes two ½ cup servings. **1 serving = 1M.**

Black Bean No-Yolk Deviled Egg: Slice 1 hardboiled egg in half. Remove yolk and spoon **Black Bean Dip** on top of egg white halves. **1 serving = 2M.**

Breakfast Bowl: Cook 1 egg as desired (scrambled, over easy, etc.) in pan sprayed with Pam. Reheat leftover *Minute Ready To Serve! Whole Grain Brown Rice*. Serve egg over rice. For extra flavor, garnish with salsa as desired. **1 serving = 1M, 1S.**

Breakfast Wrap: Scramble 1 egg in pan sprayed with Pam. Top ½ *Flatout Hungry Girl Foldit Flatbread 100% Whole Wheat with Flax* with scrambled egg and fold in half to eat. For extra flavor, garnish with salsa as desired. **1 serving = 1M, 1S.**

Cheese Toast: Crumble 1 *Mini Babybel Mozzarella Style Cheese* on top of ½ *Flatout Hungry Girl Foldit Flatbread 100% Whole Wheat with Flax*. Melt cheese under broiler in oven or in microwave. For extra flavor, garnish with salsa as desired. **1 serving = 1M, 1S.**

Here are some easy ways to **stretch your food dollars** while sticking to your healthy lifestyle after surgery:

- Stock up on **non-perishable staples** like beans, brown rice, whole grain pasta, oatmeal, barley, and canned beans and vegetables
- **See what is on sale**- browse sale ads, or visit your supermarket online before you go shopping
- Take the time to **plan your meals** for the week and make a grocery list
- Use **generic or store brands**
- Look for bigger containers or boxes that you can **portion out at home**
- Use the **unit price** to compare prices of similar items
- Find **coupons**, but use them only for things that you would normally buy
- Shop the **perimeter of the store** for fresh products (produce, lean meats, low fat dairy)
- Remember that shopping in the store for ingredients for a meal will almost always be cheaper than buying that meal in a restaurant
- Become familiar with **freezing** as a method of storage. You can save by buying in bulk at stores like Costco or Sam's Club and eat at your leisure Check out: <http://www.uga.edu/nchfp/publications/uga/FreezingPreparedFoods.pdf>
- **Shop the Seasons!** If an item is not in season and you can't freeze it for later use, it is often cheaper to buy **frozen or canned** versions of the food. (Keep in mind that you want to use canned fruits in water or their own juice and canned vegetables with no added salt).
- You will always pay a price for **convenience!** If you can buy something and portion it out at home in Tupperware or glad ware, you can make your own convenience foods and save!



Chicken Sausage with Peppers and Onions: Slice 2 *Bistro Sensations Spinach with Mozzarella Fully Cooked Chicken Sausage* links into ¼-inch slices. Sauté 1 ½ cups of *Birds Eye Tri-Color Pepper and Onion Blend* in a pan sprayed with Pam. Once vegetables are softened (~3 minutes), add sausage and ½ cup of tomato sauce. Cook an additional 5-8 minutes until mixture is heated through. This makes 2 servings.

Chipotle Ranch Black Beans: Mix 2 cups of cooked black beans with 1/2 cup of *Marketside Chipotle Ranch Yogurt Dressing*. This makes four ½ cup servings. **1 serving = 1M.** If the chipotle ranch yogurt dressing is too spicy for you, try the *Marketside Buttermilk Ranch Yogurt Dressing*.

Cinnamon Yogurt: Mix 2 ½ cups plain nonfat Greek yogurt, 1 teaspoon cinnamon, and Splenda (as desired). This provides five ½ cup servings. **1 serving = 1D.**

Crab Cakes: Shred 6 oz *Trans Ocean Seafood Snackers*. Mix crab with ½ cup *Minute Ready To Serve! Whole Grain Brown Rice* (1/2 container), 1 teaspoon Dijon mustard, 1 tablespoon plain nonfat Greek yogurt, 2 eggs beaten, ½ tablespoon lemon juice. Form into 4 patties. Cook in skillet sprayed with Pam. Cook each side until golden brown, about 5 minutes on each side. This makes 2 servings. **1 serving = 2 crab cakes = 2M, 1S.**

Frozen Yogurt Treats: Blend 1 cup of yogurt with 1 cup of frozen blueberries. Add a little skim milk if it needs to be thinned out. Pour into ice cube tray and fill 8 cubes. Place in freezer. This provides 2 servings. **1 serving = 4 cubes = 1D, 1F.**

Overnight Oats: Mix ¾ cup of dry oats, 1 small apple chopped into bite-sized pieces, 1 cup of frozen blueberries, 3 cups skim milk, 1 teaspoon cinnamon, and *Splenda* (as desired). Makes approximately 3 1/2 cups. Divide into thirds and store in covered containers. You can heat oats in the microwave or eat cold. **1 serving = 1S, 1F, 1D.**

Pizza Night: Spread up to ¼ cup of tomato sauce on ½ *Flatout Hungry Girl Foldit Flatbread 100% Whole Wheat with Flax*. Season tomato sauce with garlic powder and Italian seasoning as desired. Crumble 1 *Mini Babybel Mozzarella Style Cheese* on top. Melt cheese under broiler in oven. Bonus: add leftover vegetables to your pizza, such as chopped bell peppers, mushrooms, tomatoes, etc. **1 serving = 1M, 1S.**

Southwestern Tilapia: Broil 4 oz of thawed tilapia for 8-10 minutes until fish flakes easily with fork. Mix 2 cups of broccoli slaw with ¼ cup of *Marketside Chipotle Ranch Yogurt Dressing*. This makes 2 servings. Serve 2 oz of tilapia with 1 cup of slaw. **1 serving = 2M, 1V.**

Tilapia and Veggies Baked in Foil Pouch: Place 4 oz of thawed tilapia and 1 ½ cups of *Birds Eye Zucchini Blend vegetables* on one half of a piece of foil sprayed with Pam. Make sure piece of foil is twice the size of the tilapia and vegetables. Top with lemon juice, black pepper, and salt. Fold foil over fish and crimp edges of foil to form a pouch. Place on a baking sheet and bake in oven for 20 minutes at 450°F. This makes 2 servings. **1 serving = 2M, 1V.**