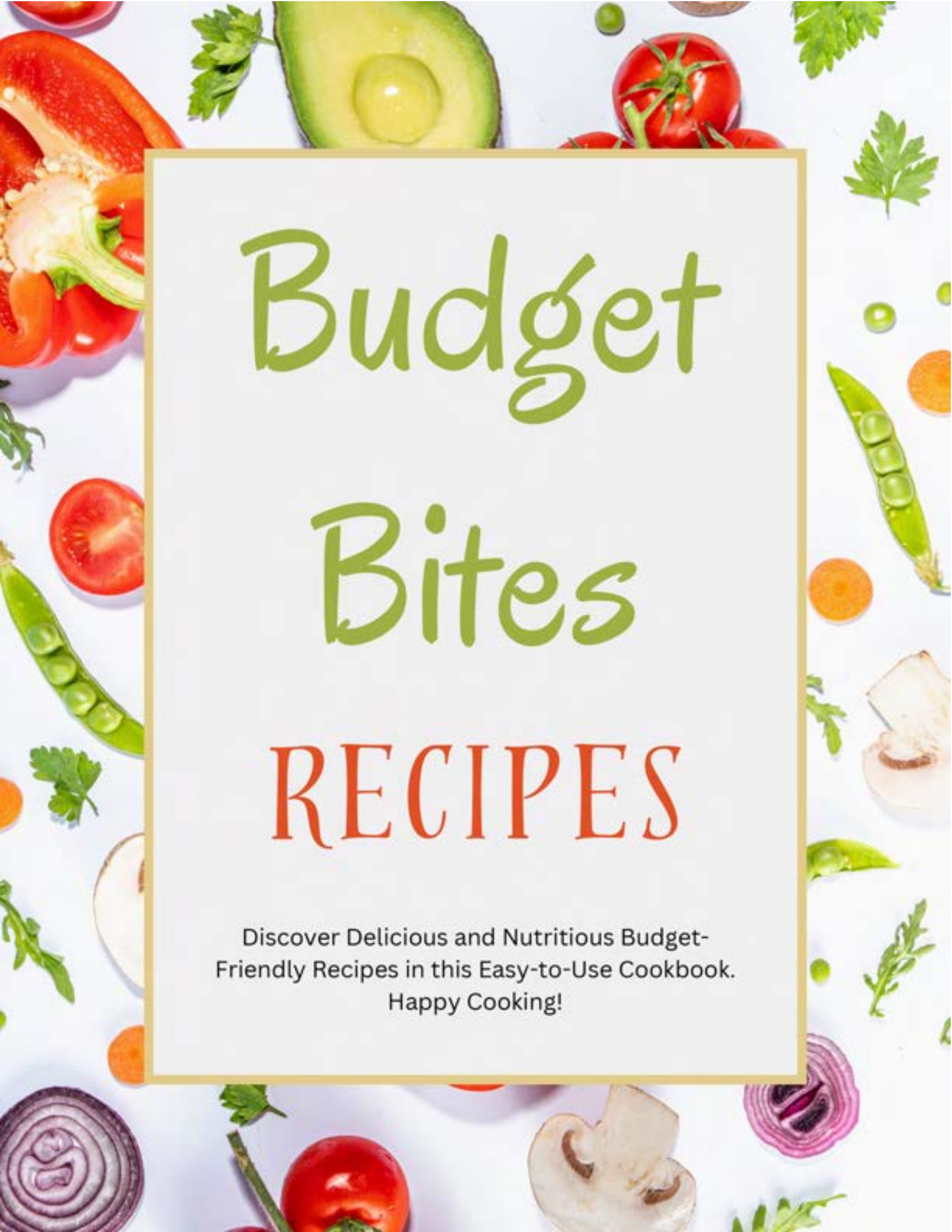

Budget Bites RECIPES

Discover Delicious and Nutritious Budget-Friendly Recipes in this Easy-to-Use Cookbook. Happy Cooking!

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BREAKFAST

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3-INGREDIENT APPLESAUCE MUFFINS

MAKES 12-14 SERVINGS: 1 muffin

INGREDIENTS

- 1 box spice cake mix
- 2 cups unsweetened applesauce
- 1 chopped, diced apple

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Line muffin tin with liners or spray with a non-stick spray.
3. In a large bowl, combine cake mix and applesauce until blended. Fold in the diced apples.
4. Evenly scoop the batter into the prepared muffin liners until each muffin cup is about 3/4 full.
5. Bake in the center rack for 18-25 minutes or until a toothpick comes out clean.
6. Enjoy!

Tip: Don't have apples? Try raisins or other dried fruit.

BAKED PEACH OATMEAL

MAKES 6 servings

INGREDIENTS

- 1/4 cup peaches (optional)
- 1 Tbsp brown sugar
- 1 tsp ground cinnamon
- 2 cups rolled oats
- 1 tsp baking powder
- 1/2 tsp salt
- 2 cups 1% milk
- 1/3 cup pure maple syrup
- 1 large egg
- 2 Tbsp canola oil
- 1 1/2 tsp pure vanilla extract
- 1 15oz canned peaches, drained and diced

DIRECTIONS

1. Preheat oven to 375 degrees. Coat a 9-inch deep dish pie plate with cooking spray.
2. In a medium bowl mix together all of the ingredients.
3. Pour into the prepared baking dish. Bake for 40-45 minutes, until it is set and the top is golden brown.

Tip: Change the fruit in the recipe depending on the season or what's on sale. Apples, pears, or raisins would all taste great in this recipe.

Recipe adapted from *So Easy* by Ellie Krieger

BAKED EGG BITES

MAKES 7-8 servings

INGREDIENTS

- 6 eggs or 6 egg whites
- 1 cup shredded cheese
- 1/4 cup full-fat or low-fat cottage cheese
- 1/4 cup whole fat ricotta
- 1/4 tsp pepper
- 10-15 spinach leaves
- 1/4 chopped red peppers
- Canadian bacon or Turkey Bacon, chopped (optional)

DIRECTIONS

1. Preheat oven to 325 degrees. Spray muffin tins with a non-stick spray or use silicone liners.
2. In a blender, blend the eggs, shredded cheese, cottage cheese, ricotta and pepper.
3. Stir in the vegetables and meat.
4. Fill 6 of the tins halfway with the egg and vegetable mixture.
5. Bake for 30 minutes.
6. Enjoy! Store in the refrigerator for up to 3 days.

Recipe adapted from Milk & Honey Nutrition www.milkandhoneynutrition.com

CHOCOLATE COFFEE BREAKFAST SMOOTHIE

MAKES 2 (8oz) servings

INGREDIENTS

- 1-2 frozen bananas
- 1/2 cup frozen riced cauliflower
- 1 Tbsp unsweetened cocoa powder
- 1 Tbsp instant coffee
- 1 cup milk or non-dairy milk
- 1 Tbsp sugar
- 1 tsp vanilla extract

DIRECTIONS

1.Add all of the ingredients to a blender and blend until smooth. Taste and adjust the sweetness to your liking. Best if served immediately.

Note:

- Milk: Use any type of milk or non-dairy milk. The creamier the milk the better
- Sweetener: Use any type of sweetener you would like- Splenda, Stevia, Monk Fruit, etc.

Recipe adapted from budgetbytes.com

FRUIT BEET SMOOTHIE

MAKES 2 Servings

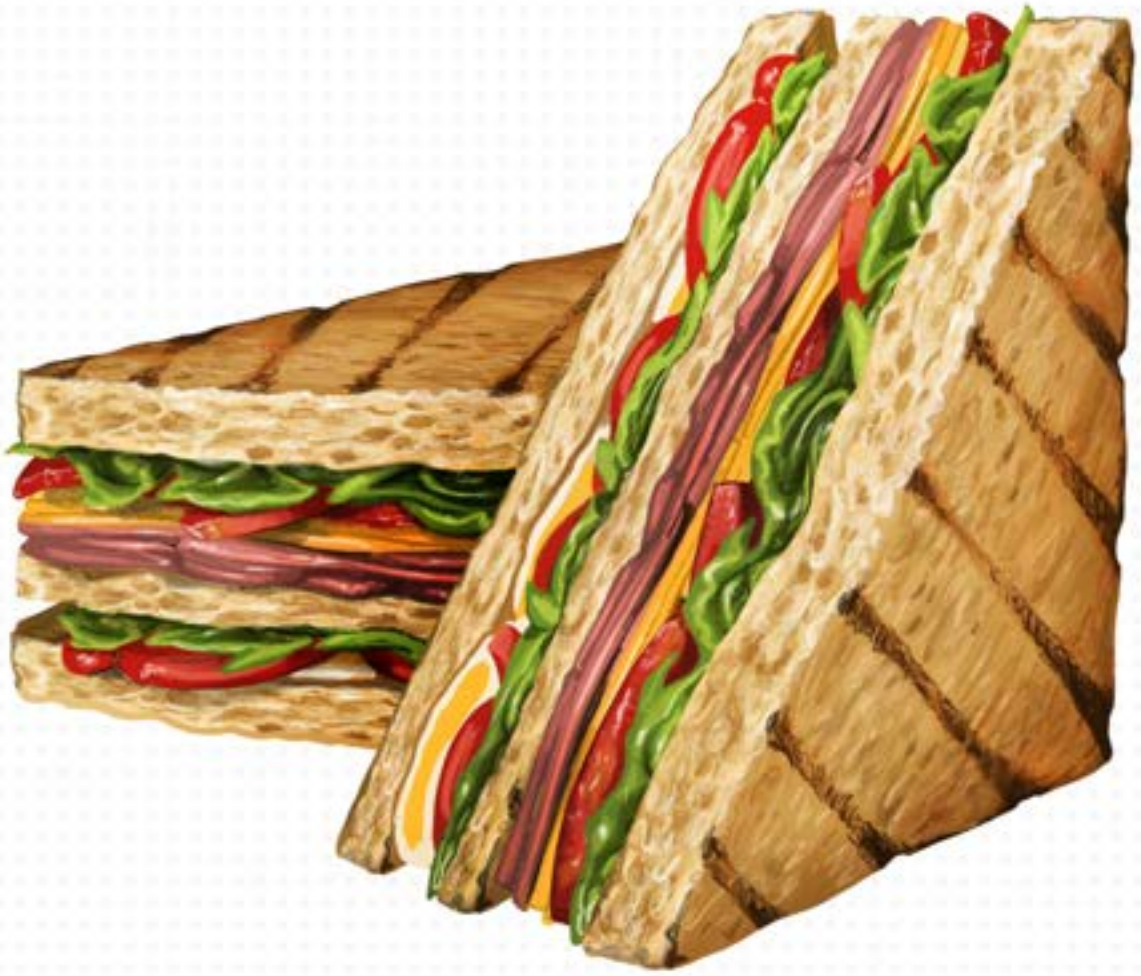
INGREDIENTS

- 1.5 cups frozen tropical fruit like banana or pineapple or mango
- 1 cups frozen raspberries or mixed berries
- 1/2 cup canned beets, rinsed
- 1 small carrot, chopped
- 1 piece fresh ginger
- 1 large handful of fresh spinach or kale
- 2 Tbsp lime juice or lemon juice
- 6-7 fresh mint leaves (optional)
- 1-2 cups of water or unsweetened coconut water

DIRECTIONS

1. Add all the ingredients into a high-speed blender and blend on high until creamy and smooth.
2. Best when fresh but leftovers can be stored in the refrigerator for up to 24 hours.

Recipe adapted from minimalist baker.com



LUNCH & DINNER

COZY PUMPKIN CHILI

Perfect Crock-pot Meal!

SERVINGS: 8-10 PREPPING TIME: 15 MIN COOKING TIME: 30 MIN OR 4-6 HOURS CROCKPOT

INGREDIENTS

4 garlic cloves
1 yellow onion, diced
15 oz can black beans, rinsed and drained
15 oz chickpeas, rinsed and drained
15 oz can diced tomatoes
15 oz can unsweetened pumpkin puree
6 tbsp tomato paste
2 tsps chili powder
1 tsp ground cumin
1 sp smoked paprika
1/2 tsp onion powder
1/4 tsp garlic powder
1/4 tsp ground black pepper

DIRECTIONS

1. In a large pot or crock-pot add the garlic, yellow onion, black beans, chickpeas, diced tomatoes, pumpkin puree, tomato paste, and spices.
2. Stir all ingredients to combine.
3. Bring to a simmer, if cooking on the stovetop, let cook for about 30 minutes. OR if cooking in a crock-pot set the timer for 4-6 hours.
4. Serve the chili in bowls and top with shredded cheddar cheese, sliced scallions and crushed tortilla chips.

NOTES

Make this vegetarian with beans as the protein or satisfy the meat-lover in your family by adding ground turkey, ground chicken or lean ground beef.

GRAIN-BOWL 3-WAYS

Easy 3 Ingredient Meal

SERVINGS: 4 PREPPING TIME: 15 MIN COOKING TIME: 30 MIN

INGREDIENTS

1 cup of cooked brown rice or grain

3 cups of fresh greens like kale, spinach, Swiss chard or collards

1 Tbsp olive oil

Protein source like beans, eggs, etc.

DIRECTIONS

1. Prepare grain according to packaged instructions. Set aside.
2. Clean and cut out bigger stems on greens. Stack green leaves and slice them into fine ribbons. Heat olive oil in a large skillet. Cook and stir until greens are tender, about 8-10 minutes. You can add spices, garlic, or onion for additional flavor.
3. Prepare protein source by rinsing and draining beans or tuna or cooking/preparing egg.
4. Plate each bowl by adding 1/3 cup of cooked rice, sautéed greens and about 1/2 cup of protein source like beans, tuna or 1-2 eggs.
5. Enjoy!

NOTES

Make this meal quickly by purchasing microwaveable grains that you can prepare in less than 5 minutes. Keep a variety of canned protein staples like different beans and even canned fish like tuna and salmon to ensure that you always have a protein source to add to this easy meal.

PANTRY VEGGIE SOUP

MAKES 12 servings (1/2 cup)

INGREDIENTS

- 1 Cup Swiss Chard or Greens of Choice
- 1 Cup Spinach Fresh
- 1 cup Parsley, fresh
- 1/2 cup Cilantro, fresh
- 1/2 cup Olive Oil or Oil of Choice
- 3 cloves of garlic
- Jalapeno, chopped with seeds and stem removed
- 1/2 chopped onion
- 2 cups long-grain white rice
- 2 cups of boiling water

DIRECTIONS

1. Add the Swiss chard, spinach, parsley, cilantro, olive oil and roughly chopped garlic to a food processor. Process on high until mixture reaches a paste-like consistency.

2. Place a pot over medium-high heat. Transfer the green vegetable mixture, onion, jalapeno and sauté until fragrant about 2-3 minutes.

3. Add rice to the pot and mix to combine coating the rice with the green veggie mixture.

4. Add boiling water and salt (to taste) to the pot and let the mixture come to a boil. Once boiling reduce the heat to simmer and cover with a lid and cook for 20 minutes or until the rice is tender.

5. Remove the pot from the heat and fluff rice with a fork. Serve with cooked green peas and scallions

Recipe adapted from www.budgetbytes.com

GREEN RICE OR ARROZ VERDE

MAKES 12 servings (1/2 cup)

INGREDIENTS

- 1 Cup Swiss Chard or Greens of Choice
- 1 Cup Spinach Fresh
- 1 cup Parsley, fresh
- 1/2 cup Cilantro, fresh
- 1/2 cup Olive Oil or Oil of Choice
- 3 cloves of garlic
- Jalapeno, chopped with seeds and stem removed
- 1/2 chopped onion
- 2 cups long-grain white rice
- 2 cups of boiling water

DIRECTIONS

1. Add the Swiss chard, spinach, parsley, cilantro, olive oil and roughly chopped garlic to a food processor. Process on high until mixture reaches a paste-like consistency.

2. Place a pot over medium-high heat. Transfer the green vegetable mixture, onion, jalapeno and sauté until fragrant about 2-3 minutes.

3. Add rice to the pot and mix to combine coating the rice with the green veggie mixture.

4. Add boiling water and salt (to taste) to the pot and let the mixture come to a boil. Once boiling reduce the heat to simmer and cover with a lid and cook for 20 minutes or until the rice is tender.

5. Remove the pot from the heat and fluff rice with a fork. Serve with cooked green peas and scallions

Recipe adapted from www.budgetbytes.com

CHEESY PINTO BEANS

MAKES 4 SERVINGS: 2/3 CUP EACH

INGREDIENTS

- 2-3 cloves garlic
- 1 jalapeno
- 1 Tbsp olive oil
- 2 15oz cans pinto beans
- 1/4 tsp smoked paprika
- 1/4 tsp ground cumin
- 1/8 tsp freshly cracked black pepper
- 2 dashes of hot sauce
- 1.5 cups shredded cheddar cheese

DIRECTIONS

1. Mince the garlic and finely dice the jalapeño (remove the stem and seeds).
2. Add the garlic, jalapeño and cooking oil to a pot. Sauté the garlic and jalapeño over medium heat for about one minute, or just until the garlic is very fragrant.
3. Add one can of pinto beans to a blender, with the liquid in the can and purée until smooth.
4. Add the puréed beans and the second can of beans (drained) to the sauce pot with the garlic and jalapeño. Stir to combine.
5. Season the beans with the smoked paprika, cumin, pepper and hot sauce. Stir to combine, and then heat through over medium-heat, stirring occasionally.
6. Finally, add the shredded cheddar and stir until it has melted smoothly into the beans. Taste the beans and adjust the seasoning to your liking. Serve with rice or as a side-dish.

Recipe adapted from www.budgetbytes.com

CITRUS BRAISED KALE

MAKES 4 SERVINGS: 1 1/4 CUP EACH

INGREDIENTS

- 1 tsp extra-virgin olive oil
- 1 lb chopped fresh kale
- 1/2 cup orange juice and 3 tsp orange zest
- 1/4 tsp + 1/8 tsp sea salt, or to taste
- 1/4 tsp freshly ground black pepper
- 1/8 tsp dried hot pepper flakes or to taste

DIRECTIONS

1. Put olive oil in a Dutch oven over medium-high heat. Add the kale and sauté by tossing with tongs until just wilted, about 5 minutes.
2. Add the orange juice, salt, black pepper, and hot pepper flakes, and toss with combine. Cover, reduce heat to medium-low and cook until fully softened, about 5 minutes, stirring once during braising. Adjust seasoning.
3. Sprinkle with the orange zest and serve.

Recipe adapted from The With or Without Meat Cookbook: The Flexible Approach to Flavorful Diabetes Cooking by Jackie Newgent RDN, CDN

ROSEMARY CARROT AND CABBAGE

MAKES 4 SERVINGS: 1 CUP EACH

INGREDIENTS

- 1 Tbsp + 1 tsp extra-virgin olive oil
- 1/2 jumbo yellow onion, halved very thinly sliced
- 1 cup carrots, thinly sliced
- 2 Tbsp apple cider vinegar divided
- 3/4 tsp sea salt, divided
- 1/2 head green cabbage, cored thinly sliced
- 1 tsp finely chopped fresh rosemary
- 1/2 tsp freshly ground pepper

DIRECTIONS

1. Heat 1 Tbsp oil in a wok or nonstick Dutch oven over medium-high heat. Add the onion, carrots, 1 Tbsp vinegar, and 1/4 tsp salt, and sauté until the onion is softened and begins to caramelize, about 5 minutes. Add the cabbage and sauté until the cabbage is nearly wilted and carrots are crisp-tender, about 8 minutes. Stir in the rosemary, pepper, and the remaining 1 Tbsp vinegar, 1 tsp oil, and 1/2 tsp salt, and continue to sauté until the cabbage is wilted as desired, about 2 minutes. Adjust seasoning.
2. Transfer to a large serving bowl or individual bowls, and serve immediately.

Recipe adapted from The With or Without Meat Cookbook: The Flexible Approach to Flavorful Diabetes Cooking by Jackie Newgent RDN, CDN

BEAN BURRITO BOWL

MAKES 4 SERVINGS: 1 3/4 CUPS EACH

INGREDIENTS

- 1 (15oz) can DRAINED CANNED BEANS, SUCH AS BLACK, PINTO AND/OR KIDNEY BEANS
- 2 CUPS GRAPE TOMATOES, QUARTERED LENGTHWISE
- 1 CUP FROZEN CORN, THAWED
- 3 SCALLIONS, GREEN AND WHITE PARTS, VERY THINLY SLICED ON THE DIAGONAL
- 1/2 CUP FINELY DICED MONTEREY JACK CHEESE
- 1/4 CUP CHOPPED FRESH CILANTRO
- 1/4 TEASPOON GROUND CUMIN
- 1/4 TEASPOON CHILI POWDER
- 1 HASS AVOCADO, PEELED, PITTED AND DICED
- 2/3 MEDIUM OR "HOT" TOMATILLO SALSA (SALSA VERDE)
- 1/4 TEASPOON SEA SALT
- 4 LIME WEDGES

DIRECTIONS

1. Divide the lettuce leaves among 4 dinner plates or pasta bowls, loosely forming a "bowl" with the leaves.
2. Stir together the beans, tomatoes, corn, scallions, cheese, cilantro, cumin, and chili powder in a medium bowl. Add the avocado, salsa, and salt (if using), and gently stir just to combine. Adjust seasoning.
3. Evenly divide the bean mixture among the 4 lettuce "bowls," and serve with the lime wedges on the side.

Recipe adapted from The With or Without Meat Cookbook: The Flexible Approach to Flavorful Diabetes Cooking by Jackie Newgent RDN, CDN

DJION POTATO SALAD

MAKES 4-6 servings

INGREDIENTS

- 2 lbs of baby yellow potatoes
- 1 cup diced vegetables (bell peppers/celery, etc)
- 1/2 cup diced green onion
- 2 Hardboiled Eggs, chopped
- 1/4 cup fresh chopped parsley
- 2 1/2 TBSP Dijon mustard
- 3 cloves garlic, minced
- 1/4 tsp sea salt and black pepper
- 3 Tbsp red wine vinegar
- 1 Tbsp apple cider vinegar
- 3 Tbsp Olive oil
- 1/4 cup fresh chopped dill

DIRECTIONS

1. Rinse and scrub potatoes, slice into 1/4-inch slices. Add to a large saucepan and cover with water and bring to a boil. When boiling reduce heat to medium and cook for about 15-minutes, check that potatoes are done.
2. Drain and rinse when potatoes are done cooking.
3. In another bowl prepare the dressing. Add mustard, garlic, salt, pepper, red wine vinegar, and apple cider vinegar to a mixing bowl and whisk together.
4. Add the chopped onions, vegetables, hard boiled eggs and dill in with the potatoes.
5. Add the dressing to the potato and vegetable mixture and toss to combine.

Serve warm, chilled or at room temperature.

Recipe adapted from minimalist baker.com

ROASTED RADISHES

MAKES 4 servings

INGREDIENTS

- 2lbs Radishes
- 1.5 Tbsp Olive Oil
- 1/2 tsp salt
- 1/2 tsp freshly cracked black pepper
- 1/4 tsp garlic powder
- 1 Tbsp chopped parsley

DIRECTIONS

1. Preheat the oven to 400 degrees.
2. Clean and trim the radishes. Trim any stems or extra long roots. Rinse the radishes well in a colander.
3. Slice the radishes in half and place them on a large baking sheet lined with parchment paper.
4. Drizzle the olive oil over the radishes, then add the salt, pepper, and garlic powder. Toss the radishes until they're coated in the oil and seasoning.
5. Transfer the baking sheet into the oven. Roast for about 40 minutes or until they're golden brown and tender, stirring about halfway through the cooking process.
6. Top with fresh parsley for garnish.

CHIMICHURRI CHICKPEA SALAD

MAKES 4-6 servings

INGREDIENTS

- 1/2 cup chopped fresh parley or use dried (1 tsp)
- 1/4 cup chopped fresh cilantro or use dried
- 1/4 cup olive oil or oil of choice
- 2 Tbsp red wine vinegar
- 1 clove garlic, minced
- 1/2 tsp dried oregano
- 1/4 tsp dried cumin
- 1/8 tsp crushed red pepper
- 1/4 tsp salt
- 2, 15oz cans chickpeas, rinsed and drained (or any bean)
- 1 pint grape tomatoes
- 2 oz feta cheese

DIRECTIONS

1. Make the chimichurri first. Add the parsley and cilantro to a bowl along with the oil, red wine vinegar, garlic, oregano, cumin, crushed red pepper and salt. Stir to combine and set aside.
2. Slice the grape tomatoes in half.
3. Add the chickpeas, tomatoes, and crumbled feta to a bowl. Drizzle the chimichurri over the top. Stir and serve immediately or refrigerate for up to 4 days.

Recipe adapted fromwww.budgetbytes.com

CURRIED CHICKEN SALAD

MAKES 4 servings

INGREDIENTS

- 1/4 cup sliced almonds (optional)
- 1/2 cup non-fat plain yogurt
- 2 Tbsp Mayonnaise
- 1 tsp curry powder
- 2 1/2 cups cubed cooked chicken breasts
- 1 cup halved red grapes
- 1/4 cup chopped cilantro
- Salt and freshly ground pepper and salt to taste
- 5oz mixed greens

DIRECTIONS

1. Toast the almonds in a small dry skillet over medium-high heat, stirring occasionally, until fragrant.
2. Stir together the yogurt, mayonnaise and curry powder.
3. Fold in the chicken, grapes, and cilantro and season with salt and pepper.
4. Store in the airtight container in the refrigerator for up to 3 days.

Recipe from So Easy by Ellie Krieger

LEMONY WHITE BEAN QUINOA SALAD

MAKES 4-6 servings

INGREDIENTS

- 1.5 cups cooked quinoa
- 1 (15oz) can cannellini or butter beans, drained & rinsed
- 1/2 cup finely chopped italian parsley
- 1/2 cup chopped celery
- 1/2 cup yellow or orange bell peppers
- 1/2 cup sliced cucumbers
- 2 Tbsp lemon juice
- 1 Tbsp extra-virgin olive oil
- 2 Tbsp finely chopped red onion
- 2-3 small cloves garlic, minced
- 1/2-3/4 tsp salt
- 1/2 tsp ground black pepper
- 1/4 tsp red pepper flakes

DIRECTIONS

1. In a medium mixing bowl mix together olive oil, lemon juice, parsley, onion, garlic, salt, black pepper and red pepper flakes.
2. Add the white beans, celery, bell peppers, cucumbers to the dressing and let marinate.
3. Add the cooked quinoa to the marinated vegetables and stir to combine. Taste and adjust as needed. Add more lemon juice for brightness and parsley. Salt and pepper to taste.

WHITE BEANS & ESCAROLE

MAKES 4-6 servings

INGREDIENTS

- 2 Tbsp Olive Oil
- 1 head of escarole
- 4 cloves of garlic, minced
- 1/4 tsp of red pepper flakes
- 1 cup vegetable broth, divided
- 1 can of cannellini beans with liquid
- Ground pepper, to taste
- Parmigiano Reggiano cheese (optional)

DIRECTIONS

1. Blanche escarole (bring pot of water to a boil and add escarole and cook for 1 minute, then drain and add to a bath of ice water to shock).
2. Add oil and garlic to a large pan on medium. Cook for about a minute.
3. Add escarole and cook, add the beans, vegetable broth and red pepper flakes. Salt and pepper to taste.
4. Top with Parmigiano Reggiano cheese for additional flavor.

FOIL SHRIMP PACKETS

MAKES 8 SERVINGS

INGREDIENTS

- 2 lbs cleaned large shrimp
- 2 fully cooked mediterranean-style chicken or turkey sausage links, sliced
- 2 medium zucchini, diced
- 2 red bell peppers, diced
- 1 cup frozen corn
- 1/2 cup chopped Italian parsley
- 1/2 cup chopped Basil Leaves
- 1 cup dry white wine (optional)
- 1/3 cup olive oil
- 1-2 Tbsp Cajun seasoning (salt-free)

DIRECTIONS

1. Preheat oven to 425 degrees
2. In a medium bowl combine Cajun seasoning, add the shrimp, toss to coat.
3. Place 8 large pieces of heavy-duty aluminum foil on a flat surface
4. Divide the sausage, zucchini, bell peppers, and corn among the foil pieces. Top each with 5-6 shrimp and sprinkle with 1 Tbs of the parsley and basil. Drizzle each packet with 2 TBSP of wine and 2 Tsp of oil. Fold each packet sealing tightly.
5. Arrange the packets on a baking sheet and cook until the shrimp and vegetables are done, about 13 minutes.

Recipe adapted from Delicious, Healthy, Do-Ahead Meals: You have it made by Ellie Krieger

DESSERTS & SNACKS

CHOCOLATE PEANUT BUTTER ENERGY BITES

MAKES 34 servings

INGREDIENTS

- 1/2 cup almonds
- 1 (15oz) can black beans, drained and rinsed well
- 3/4 cup peanut butter (or other nut butter of choice)
- 1/4 cup honey (or other liquid sweetener)
- 1/4 cup unsweetened cocoa powder

DIRECTIONS

1. In a food processor, process the almonds until they are a fine crumb.
2. Add the beans and add until they are well incorporated.
3. Add the peanut butter, honey and cocoa powder and process until the mixture is smooth.
4. Roll into balls and place on a baking sheet, lined with parchment paper. These can be eaten right away or you can place in the freezer to firm up a bit.
5. Store in the refrigerator or freezer. Enjoy!

BLACK BEAN BROWNIES

MAKES 12 servings

INGREDIENTS

- 2 TBSP flaxseed meal
- 6 TBSP water
- 1, 15oz can black beans (well rinsed and drained)
- 3 Tbsp coconut oil (melted)
- 3/4 cup cocoa powder
- 1/4 tsp sea salt
- 1 tsp pure vanilla extract
- 1/2 heaping cup cane sugar
- 1 1/2 tsp baking powder
- 1 cup chocolate chips
- 1/4 cup pecans

DIRECTIONS

1. Preheat oven to 350 degrees. Lightly grease a standard muffin tin.
2. Prepare flax egg by combining flax meal and water in the bowl of a food processor. Pulse a couple of times and then let rest.
3. Add remaining ingredients except chocolate chips and walnuts. Purée mixture about 3-minutes or until Smooth. The batter will be slightly thick.
4. Evenly distribute the batter into the muffin tin. Smooth the tops and sprinkle with chocolate chips and chopped walnuts.
5. Bake for 20-26 minutes or until the tops are dry.
6. Remove from the oven and let cool for 30minutes in the pan.

Recipe adapted from minimalist baker.com

EASY FRUIT CRISP

MAKES 6 SERVINGS: 1 CUP EACH

INGREDIENTS

- 4 cups of frozen fruit or sliced apples
- 1/3 cup sugar
- 2 tsp lemon juice
- 2 Tbsp water
- 3/4 cup whole oats
- 1/3 cup flour
- 1/3 cup brown sugar
- 1/4 cup butter

DIRECTIONS

1. Preheat oven to 375 degrees
2. Grease 1.5 quart dish.
3. Arrange the fruit on the bottom. Sprinkle with sugar, lemon juice and water.
4. In a separate bowl combine oats, flour, brown sugar and cut in the butter. The mixture should resemble course crumbles.
5. Sprinkle the oat topping over the fruit.
6. Bake for 35 minutes or until bubbling and the topping is slightly brown. Serve with whipped cream or ice cream.

BUDGET-FRIENDLY HEALTHY EATING TIPS

BUDGET-FRIENDLY PANTRY FOODS

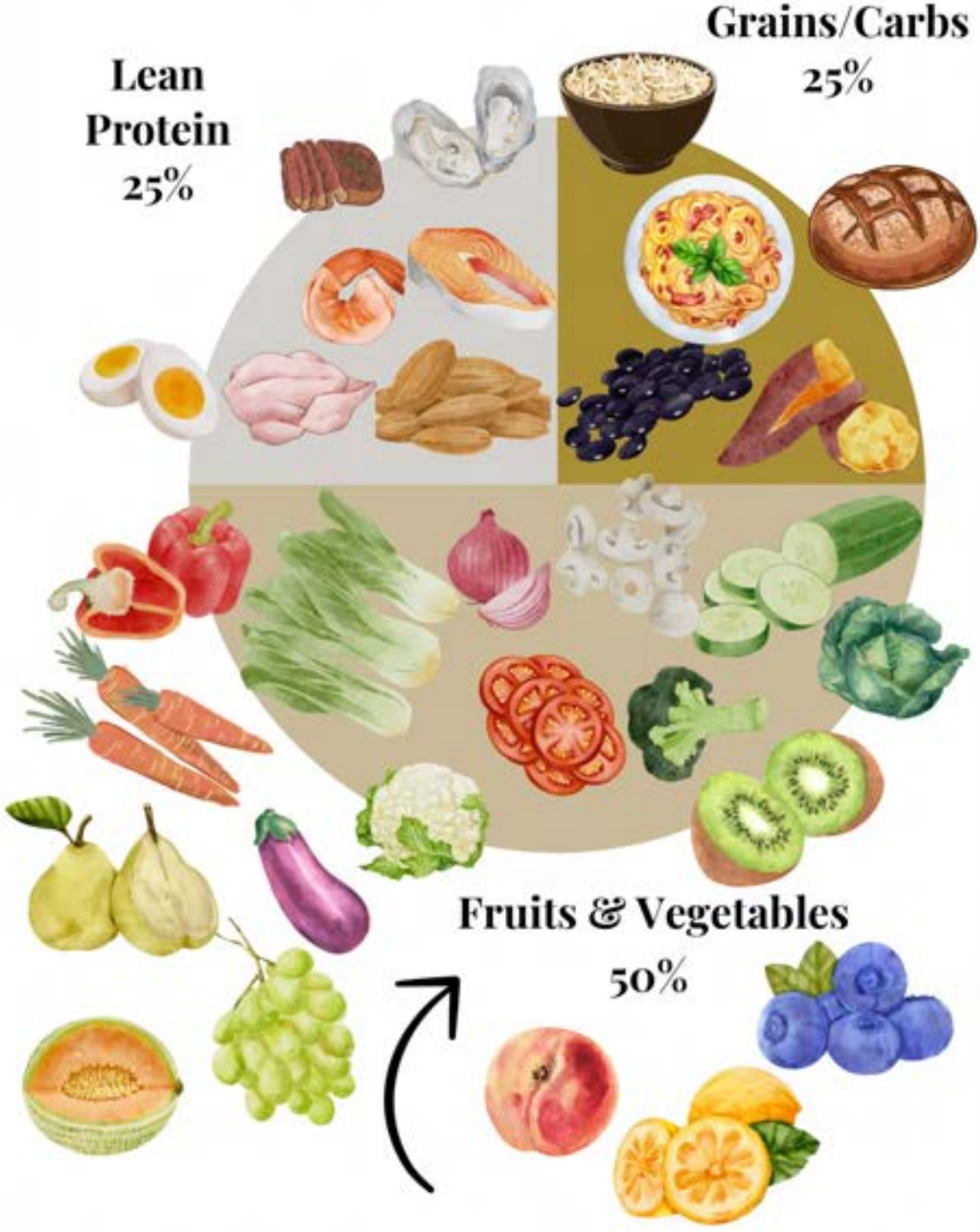
- Beans (canned, dried)
- Brown Rice
- Canned Fish
  - Tuna, Salmon, Herring, Sardines, etc
- Canned Fruit
  - Buy packed in own juice or light syrup and rinse
- Canned vegetables
  - Rinse/drain to lower sodium by 40%
- Green or Black Tea
- Jello
  - Sugar-free and Regular
- Old Fashioned Oats
- Seltzer Waters
- Shelf-stable plant-based milks (almond, oat, soy)

Tips for Budget Friendly Shopping

- Think outside the box on where to buy food. Places outside the standard grocery store, like a Dollar Tree, might offer some great deals on pantry staples.
- Focus on the produce. Look for sales on fresh, frozen and canned fruits and vegetables to help fill 1/2 your plate.
- Try using beans to replace animal-protein on your plate at least 2-3 times per week.
- Take 10-15 minutes to shop your pantry. Create meals ideas that use the items you already have and then create a grocery list based on what you need.

BUILDING A BETTER PLATE

Using the Ratio Method



Most of your plate should be produce based.

PORTION SIZE GUIDE

Use this guide to help keep your portions in check!

VEGGIES
1 CUP =

FRUIT
1/2 CUP =

GRAINS
1/2 CUP =

PROTEIN
3 OZ =

SEAFOOD
3 OZ =

PORTION SIZE GUIDE CONTINUED

Use this guide to help keep your portions in check!

CHEESE
1.5 OZ=

BUTTER =
1 TBSP

NUTS =
1 OZ

BEANS =
1/2 CUP

MILK=
1 CUP

HEALTHY SNACK INSPIRATION

PEANUT BUTTER

+

CELERY
APPLE SLICES
BANANA
PEAR SLICES

NUTS

+

POPCORN

GREEK YOGURT

+ FRUIT

15-20 GRAPES

+ CHEESE

MINI PEPPERS

+

COTTAGE CHEESE & EVERYTHING BAGEL SEASONING

Build Better Snacks Using Produce + Protein

HEALTHY LUNCH INSPIRATION

PB&J SANDWICH + CELERY & APPLE OR PEAR SLICES

NUTS + GREEK YOGURT + FRUIT

CHICKEN SALAD + GRAPES + MINI PEPPERS

+ CHEESE +

2 HARD BOILED EGGS FRUIT SALAD

+ +

TUNA SALAD CUCUMBER MELON (1 CUP)

Build Better Luches Using Produce + Protein + Whole Grains & Healthy Fats!

LOCAL SPRING SEASONAL PRODUCE
APRIL-JUNE

- **Fruit:**
  - Apricots
  - Blueberries
  - Cherries
  - Strawberries
  - Raspberries
- **Vegetables:**
  - Asparagus
  - Broccoli
  - Cabbage
  - Cauliflower
  - Chard
  - Collards
  - Corn
  - Herbs
  - Kale
  - Lettuces
  - Mushrooms
  - Onions
  - Peas
  - Radishes
  - Potatoes
  - Spinach
  - Summer Squash
  - Tomatoes

LOCAL SUMMER SEASONAL PRODUCE JULY-SEPTEMBER

- **Fruit:**
  - Apricots
  - Blackberries
  - Blueberries
  - Canteloupe
  - Cherries
  - Honeydew
  - Nectarines
  - Peaches
  - Plums
  - Raspberries
  - Watermelon
- **Vegetables:**
  - Green beans
  - Lima Beans
  - Beets
  - Cabbage
  - Carrots
  - Collards
  - Corn
  - Cucumbers
  - Eggplant
  - Herbs
  - Garlic
  - Lettuces
  - Mushrooms
  - Onions
  - Peas
  - Peppers
  - Radishes
  - Potatoes
  - Summer Squash
  - Tomatoes

LOCAL FALL SEASONAL PRODUCE
LATE SEPTEMBER-NOVEMBER

- **Fruit:**
  - Apples
  - Asian Pears
  - Blackberries
  - Pears
  - Raspberries
- **Vegetables:**
  - Broccoli
  - Brussel Sprouts
  - Cabbage
  - Carrots
  - Cauliflower
  - Chard
  - Collards
  - Herbs
  - Kale
  - Lettuces
  - Mushrooms
  - Onions
  - Peas
  - Radishes
  - Pumpkins
  - Spinach
  - Winter Squash
  - Sweet Potatoes
  - Turnips

Budget Friendly Sources of Fiber

Fiber Needs

21-25 grams daily = Women

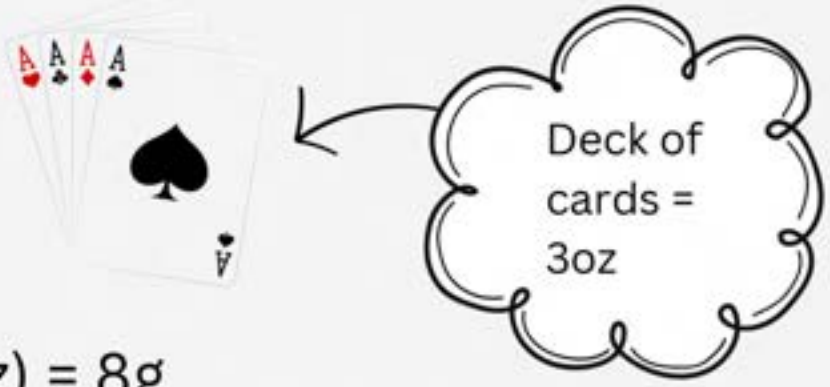
30-38 grams daily = Men

Asparagus (1 cup) = 4 grams
Apple, red (1 medium with skin) = 3 grams
Barley (1 cup) = 6 grams
Beans (1/2 cup) = 7 grams
Blackberries (1 cup) = 8 grams
Blueberries (1 cup) = 4grams
Bran flakes (1 cup) = 7 grams
Broccoli, cooked (1 cup) =5 grams
Brussel Sprouts (1 cup) = 4 grams
Carrots, cooked (1 cup) = 5 grams
Corn (1 cup) = 5 grams
Green peas (1 cup) = 9 grams
Jicama, sliced (1 cup) =6 grams
Oatmeal (1 cup) = 4 grams
Orange (1 large) = 4 grams
Peas, split (1/2 cup) = 8 grams
Pear (1 medium) = 5 grams
Pumpkin, cooked (1 cup) = 7 grams
Raspberries (1 cup) = 8 grams
Soybeans (1/2 cup) = 5 grams
Spinach, cooked (1 cup) = 4 grams
Sweet potato, mashed (1 cup) = 6 grams
Turnip greens (1 cup) = 5 grams
Winter squash, baked (1 cup) = 9 grams

Animal-Based Proteins

Meats, Poultry, & Fish

Beef/Turkey Jerky (1oz dried) 10-15g
Beef, Chicken, Turkey, Pork, Lamb (1oz) = 7g
Fish, Tuna Fish (1oz) = 7g
Imitation Crab Meat (1oz) =3g
Seafood (Crab, Shrimp, Lobster) (1oz) =6g
Egg (1) = 6g



Milk & Dairy

Milk, skim or 1% (8oz) = 8g
High protein ultra-filtered milk (8oz) = 13g
Yogurt, fat free, light (6oz) = 5g
Greek yogurt, plain, non-fat, light (5oz) = 12-18g
Cheese, hard (low-fat) (1oz) =7g
American cheese (1 slice) =5g
Cottage cheese, Ricotta (1/2 cup) = 14g
Pudding (1/2 cup) = 4 grams

Plant-Based Protein

Soy Sources of Protein

Edamame, fresh or frozen (1/2 cup)=7 grams
Edamame, dry roasted (1 oz) =13 grams
Soy milk (8oz) = 7 grams
Tofu (1oz) = 3 grams

Legumes, Nuts & Seeds

Lentils (1/2 cup) = 9grams
Lima beans (1/2 cup) =7grams
Kidney, Black, Beans, etc. (1/2 cup) =8grams
Refried beans (1/2 cup) =6grams
Hummus (1/3 cup)=7grams
Chili with beans (1/2 cup)=10grams
Peanut Butter (2 TBSP)=7grams
Nuts (1/4 cup)=4-6grams
Sunflower seeds (1 oz)=5grams
Soy milk (8 oz)=7grams
Quinoa (1/3 cup) =6grams

Local Food Assistance

- WIC Program 877-631-6182
- DSS 443-550-6900
- Bayside Baptist Church 410-257-0712
- Brooks Church Pantry 410-586-3972
- Calvert Churches Food Pantry 410-414-7474
- Chesapeake Lighthouse Food Pantry 478-284-5489
- Chesapeake Cares Food Pantry 410-257-3444
- First Lutheran Church 410-257-3030
- Mt Olive United Methodist Church 410-535-5756
- S.M.I.L.E. Food Pantry 410-326-0009
- St. Anthony's Church 410-286-7086
- St John Vianney 410-286-1944
- Solomons Food Pantry 410-326-3278
- S.H.A.R.E Food Network 800-217-4273
- Birthright (Formula/Baby Food) 410-257-1402

OUR SERVICES

CALVERT COUNTY HEALTH DEPARTMENT

Call 410-535-5400

Mobile Outreach

Highway to Health: Case Management Services

Healthy Hearts

For people who have high blood pressure

Prediabetes/Diabetes

PreventT2 Diabetes Prevention

Living Well with Diabetes

Quit Smoking

We offer free quit smoking classes in person and virtual

Cancer Prevention

Breast, Cervical, Colon, and Lung Cancer screening assistance

Need additional assistance?
Visit the Calvert County Health Department website:
www.calverthealth.org

SEE LEFT SIDE BAR FOR QUICK ACCESS TO ALL OF OUR SERVICES

Scan QR Code
Visit calverthealth.org
Call 410-535-5400