

# Nutritious and Yummy in Your Tummy Grocery list under \$35 : 1 Grocery Lists:

#1

- Bananas (4) – 0.76
- Frozen fruit mixture- 1.98
- Spinach (1 bag)- 1.98
- Tomato (2)- 0.64
- Bell pepper (1) – 0.66
- Whole wheat bread (1 loaf)- 1.48
- Oats (1 container)- 2.46
- Brown rice (1 bag)- 1.37
- Chicken breast (1 package, freeze excess) – 9.83
- Turkey bacon ( 1 package)-2.48
- Eggs (1 dozen) – 1.32
- Yogurt (1-4ct)- 1.24
- Low-fat cheese (1- 8 oz block)- 2.22
- Peanut butter – 1.72

**Total= \$30.14**

## Meal Ideas:

### Snacks

- Banana & Peanut butter
- Yogurt & homemade granola – granola made from oats
- Hard boiled eggs

### Breakfast Ideas

- Veggie omelet or frittata – spinach, tomato, pepper and eggs
- Peanut butter toast – PB & whole wheat bread
- Green smoothie – spinach, banana, yogurt, ice and water
- French toast – whole wheat bread and eggs

- Oatmeal with mixed fruit

## **Lunch Ideas**

- Grilled cheese sandwich – whole wheat bread and sliced cheese
- Chicken salad sandwich – chicken breast, hard-boiled egg and whole wheat bread
- Peanut butter & banana sandwich – PB and banana on whole wheat bread

## **Dinner Ideas**

- Grilled or baked chicken breast with side salad and rice
- (Turkey)BSTs – turkey bacon, spinach, and tomato on whole wheat bread
- Chop Salad – spinach, pepper, tomato, hard-boiled egg, turkey bacon bits, and shredded cheese (option to add diced chicken)