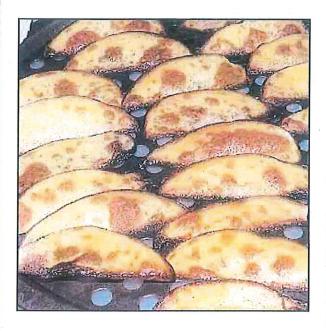
Plan Menus By Produce



ere is a new way to plan your meals on the go. Start in the produce section and plan meals based on what you see that looks good and is a good price. Base meals more around fruits and vegetables rather than meat. If you think of 5-6 good dinners and make a few in quantity for "plannedovers" you will usually have enough food to get through a week. Your wallet, waistline and heart will thank you!

Here are some fresh ideas for meals:

- Pasta with fresh broiled vegetables in season. Toss pasta and broiled veggies with herbs, broth and a little oil.
- Find a green veggie to go with baked fish and rice usually zucchini or green beans
- Vegetable to go with chicken or turkey breast - usually broccoli or zucchini or green beans in a steam bag; can also be winter squash or spaghetti squash
- Ingredients for salsa that can be used to make burritos, tacos, fish, chicken as well as a tasty vegetable-consumption-boosting dip for veggies and tortilla chips.
- · Stir fry veggies consider carrots, mush-

rooms, spinach or peppers and these can be used for salads and other dishes, too. A stir fry is a great way to use up a lot of leftover veggies at the end of the week, too.

- · Salad
- · Fruit for breakfast, snacks and desserts
- Cabbage for slaw and it doubles as a great stir fry ingredient, too.
- Seasonal produce for risotto risotto is a creamy rice dish made with arborio rice, found in most grocery stores. Arborio rice is a short-grain rice that is very inexpensive and it is easy to cook, too! Use 3 cups water to 1 cup rice and add vegetables and seasonings half way through cooking. Stir well to make creamy and serve hot.

Here is a healthy meal using many of the items on the Cheap Healthy Shopping List:



- Turkey burger with lettuce and tomato served on an English Muffin
- · Carrot sticks
- · Oven fried potato wedges
- Slaw dressed in oil and vinegar with a pinch of oregano
- Fresh berries for dessert

Recipes and pictures are found on our blog at http://www.foodandhealth.com/blog/

Cheap and Healthy Shopping List

Grains	Fruits and Veggies
Brown or white rice	Cabbage
Oatmeal	Potatoes
Barley	Romaine
Corn meal or grits	Leaf lettuce
Store brand pasta	Cauliflower
	Carrots
Dairy	Zucchini
Skim milk Yogurt	Cucumber
	Corn
Protein	Bananas
Beans and lentils	Melon
Eggs	Oranges
Whole chicken	Apples
Peanut butter	Frozen veggies on sale
Specials on fish, meat, poultry	Seasonal specials



9 Overlooked Cost Savers

- 1. Having the **right ingredients** on hand for preparing meals makes you less likely to dine out.
- Some options, such as chicken breast cutlets or ground turkey breast are good because they enable you to serve less meat per person.
- 3. Vegetarian options, such as lentils and rice, or bean soup with vegetables, are hearty and cheap and good for you!
- 4. Cabbage is often forgotten. You can use it for slaw, tacos, stir fry dishes and more. It is cheaper than lettuce so helps you stretch the budget buy one head of lettuce and when that runs out serve slaw or stretch your tossed salad with shredded cabbage.
- 5. Apples and carrots make great snacks, brown bag treats and side dishes for meals

- and they are cheap when bought in bulk.
- 6. Grapes get used better and are great grab and go snacks when you wash them and portion them into baggies in your refrigerator. Choose them instead of chips!
- 7. Potatoes are underused. You can make oven fries, mashed potatoes, baked potatoes and even pizza with them!
- 8. Coupon clipping is only good when you are buying things you use on a regular basis otherwise the time is better spent to learn to cook more healthy dishes rather than buy more convenience foods.
- The best place to shop is often in your own pantry or freezer. Plan meals around using up things you have on hand.

Search for recipes with these items at www.foodandhealth.com.