



# Balance Your Plate On A Budget

BALANCE YOUR

**PLATE**

with Nestlé



Sample breakfast meal



Sample lunch meal



Sample dinner meal



BALANCE YOUR



with Nestlé

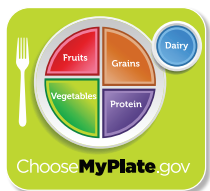
## Balanced meal plans for less than \$2 per meal, per person\*

Balance Your Plate meal plans and shopping lists take the guesswork out of meal planning, so you can enjoy the foods you love while helping you meet U.S. Dietary Guidelines. Our weekly meal plans ensure you get a variety of foods from all food groups and make balanced nutrition easy.

Our On a Budget meal plans are developed with your family in mind. Each member in a family has unique caloric needs and portion sizes may differ because of this.

Our meal plans have been developed with the following daily calorie targets in mind, which average out over the course of each week.

- 2,000 calories ("mom")
- 2,200 calories ("dad")
- 1,800 calories (child, age 9-11)
- 1,600 calories (child, age 6-8)



Food Groups	MyPlate Goals
Grains	6 ounces
Vegetables	2½ cups
Fruits	2 cups
Dairy	3 cups
Protein	5½ ounces

✓ = meets or exceeds MyPlate goals

With our On a Budget meal plans, it's easy to shop smarter. Use our 14 daily meal plans to build balanced meals for a family of four using your favorite frozen meals each day combined with fruits, vegetables, whole grains and dairy. And all for less than \$180 a week!

To access our full 14 day meal plans and accompanying shopping list, please visit [NestléUSA.com/BALANCE](http://NestléUSA.com/BALANCE)

\*Balance Your Plate On a Budget meal plan for a family of four: less than \$180/week; USDA low-cost meal plan for a family of four: \$191.40/week

Daily meal plans, tip sheets and accompanying shopping list on following pages.



# #1 Balance Your Plate On a Budget Meal Plan

Day 1 meal plan below

People have different calorie needs. This page shows how all family members can adopt their portion sizes to meet their needs. Changes in each plan from the 2,000 calorie daily plan are noted below.

## 2,000 Calorie Daily Plan

## 2,200 Calorie Daily Plan

## 1,800 Calorie Daily Plan

## 1,600 Calorie Daily Plan

### Breakfast

- 1 whole grain English muffin
- 2 tsp. soft spread margarine
- 1 scrambled egg
- 1 cup 1% milk
- 1 orange

### Lunch

- 1½ cups white bean-vegetable soup made with:
    - 1 cup reduced-sodium minestrone soup with pasta
    - ½ cup white beans, unsalted
  - ¼ avocado, chopped
  - 1 string cheese
  - 6 reduced-sodium whole grain crackers
  - 1 cup 100% apple juice
- ½ cup soup made with:  
– ¼ cup minestrone  
– ¼ cup beans
- No avocado
- No avocado
- ¼ cup juice  
+ 1 Tbsp. peanut butter

### Dinner

- 1 cup **STOUFFER'S®** Chicken & Vegetable Rice Bake
  - 1 cup broccoli with 1 tsp. olive oil
  - 1 cup applesauce
  - 1 cup 1% milk
- + ½ cup Chicken & Vegetable Rice Bake
- ½ cup Chicken & Vegetable Rice Bake
- ¼ cup applesauce
- ¼ cup applesauce

### Snack

- 1 medium pear
  - 1 oz. almonds
- ½ oz. almonds
- ½ oz. almonds

### Daily Nutrition Summary

**2,000** total calories

	Amount Per Day	% DV
Total Fat:	17 g	108%
Saturated Fat:	18 g	90%
Trans Fat:	0.5 g	
Cholesterol:	250 mg	83%
Sodium:	2,010 mg	84%
Protein:	77 g	
Total Carb:	281 g	94%
Dietary Fiber:	39 g	156%
Vitamin A:	8,077 IU	160%
Vitamin C:	160 mg	270%
Calcium:	1,334 mg	130%
Iron:	11.4 mg	60%

### Daily Nutrition Summary

**2,159** total calories

	Amount Per Day	% DV
Total Fat:	76 g	117%
Saturated Fat:	20 g	100%
Trans Fat:	0.5 g	
Cholesterol:	265 mg	88%
Sodium:	2,380 mg	99%
Protein:	866 g	
Total Carb:	298 g	99%
Dietary Fiber:	40 g	160%
Vitamin A:	8,227 IU	160%
Vitamin C:	160 mg	160%
Calcium:	1,384 mg	140%
Iron:	12 mg	70%

### Daily Nutrition Summary

**1,790** total calories

	Amount Per Day	% DV
Total Fat:	58 g	89%
Saturated Fat:	17 g	85%
Trans Fat:	0.5 g	
Cholesterol:	250 mg	83%
Sodium:	2,000 mg	83%
Protein:	74 g	
Total Carb:	257 g	86%
Dietary Fiber:	34 g	136%
Vitamin A:	8,022 IU	160%
Vitamin C:	156 mg	260%
Calcium:	1,285 mg	130%
Iron:	10.5 mg	60%

### Daily Nutrition Summary

**1,610** total calories

	Amount Per Day	% DV
Total Fat:	59 g	91%
Saturated Fat:	16 g	80%
Trans Fat:	0.5 g	
Cholesterol:	250 mg	83%
Sodium:	1,580 mg	66%
Protein:	65 g	
Total Carb:	218 g	73%
Dietary Fiber:	30 g	120%
Vitamin A:	7,019 IU	140%
Vitamin C:	155 mg	260%
Calcium:	1,199 mg	120%
Iron:	8.5 mg	50%



# #2 Balance Your Plate On a Budget Meal Plan

Day 2 meal plan below

People have different calorie needs. This page shows how all family members can adopt their portion sizes to meet their needs. Changes in each plan from the 2,000 calorie daily plan are noted below.

## 2,000 Calorie Daily Plan

## 2,200 Calorie Daily Plan

## 1,800 Calorie Daily Plan

## 1,600 Calorie Daily Plan

### Breakfast

¾ cup creamy oatmeal made with:

- 1 cup 1% milk
- ½ cup dry oats
- 1 Tbsp. raisins
- 2 tsp. brown sugar

1 slice whole-wheat toast made with:

- 1 Tbsp. fruit spread

1 cup 100% orange juice

+ ¼ cup oatmeal made with:

- + ¼ cup dry oats
- + 1 Tbsp. raisins
- + 1 Tbsp. brown sugar

– ½ cup juice

### Lunch

Turkey & Swiss sandwich made with:

- 2 slices whole-wheat bread
- 1 slice Swiss cheese
- 2 oz. turkey breast
- 1 Tbsp. mayonnaise
- 2 slices each tomato & lettuce leaf

1 banana

Water

### Dinner

1 **STOUFFER'S®** Stuffed Green Peppers

+ ½ Stuffed Green Pepper

– ½ Stuffed Green Pepper

1 cup baked potato wedges made with:

- 1 tsp. olive oil

– ½ cup wedges made with:

- ½ tsp. olive oil

– ½ cup wedges made with:

- ½ tsp. olive oil

Side salad made with:

- 2 cups chopped romaine
- ¼ cup canned garbanzo beans, unsalted
- ½ cup chopped cucumber & tomatoes
- ½ oz. sliced almonds
- 1 Tbsp. olive oil
- 1 Tbsp. balsamic vinegar

– 1 cup romaine

– 1 cup romaine

– ½ Tbsp. olive oil

– ½ Tbsp. balsamic

– ½ Tbsp. olive oil

– ½ Tbsp. balsamic

Water

### Snack

1 cup low-fat fruit yogurt

1 oz. granola

### Daily Nutrition Summary

**2,030** total calories

	Amount Per Day	% DV
Total Fat:	59 g	91%
Saturated Fat:	16 g	80%
Trans Fat:	1 g	
Cholesterol:	100 mg	33%
Sodium:	1,930 mg	80%
Protein:	82 g	
Total Carb:	307 g	102%
Dietary Fiber:	31 g	124%
Vitamin A:	10,756 IU	220%
Vitamin C:	159 mg	270%
Calcium:	1,199 mg	120%
Iron:	12.7 mg	70%

### Daily Nutrition Summary

**2,230** total calories

	Amount Per Day	% DV
Total Fat:	64 g	98%
Saturated Fat:	18 g	90%
Trans Fat:	1 g	
Cholesterol:	110 mg	37%
Sodium:	2,290 mg	95%
Protein:	89 g	
Total Carb:	338 g	113%
Dietary Fiber:	35 g	140%
Vitamin A:	10,906 IU	220%
Vitamin C:	174 mg	290%
Calcium:	1,224 mg	120%
Iron:	14.5 mg	80%

### Daily Nutrition Summary

**1,790** total calories

	Amount Per Day	% DV
Total Fat:	24 g	65%
Saturated Fat:	14 g	70%
Trans Fat:	1 g	
Cholesterol:	100 mg	33%
Sodium:	1,910 mg	80%
Protein:	76 g	
Total Carb:	284 g	95%
Dietary Fiber:	27 g	108%
Vitamin A:	6,645 IU	130%
Vitamin C:	149 mg	250%
Calcium:	1,133 mg	110%
Iron:	10.8 mg	60%

### Daily Nutrition Summary

**1,610** total calories

	Amount Per Day	% DV
Total Fat:	44 g	68%
Saturated Fat:	14 g	70%
Trans Fat:	1 g	
Cholesterol:	90 mg	30%
Sodium:	1,540 mg	64%
Protein:	71 g	
Total Carb:	243 g	81%
Dietary Fiber:	24 g	96%
Vitamin A:	6,601 IU	130%
Vitamin C:	107 mg	150%
Calcium:	1,109 mg	110%
Iron:	9.6 mg	50%



# #3 Balance Your Plate On a Budget Meal Plan

Day 3 meal plan below

People have different calorie needs. This page shows how all family members can adopt their portion sizes to meet their needs. Changes in each plan from the 2,000 calorie daily plan are noted below.

## 2,000 Calorie Daily Plan

## 2,200 Calorie Daily Plan

## 1,800 Calorie Daily Plan

## 1,600 Calorie Daily Plan

### Breakfast

1 **LEAN POCKETS**® Ham, Egg & Cheese

1 cup vanilla low-fat yogurt

½ cup sliced strawberries

1 cup 100% apple juice

– ½ cup yogurt

– ½ cup juice

– ½ cup yogurt

– ½ cup juice

### Lunch

Tomato soup with spinach made with:

- 1 cup reduced sodium tomato soup
- ½ cup 1% milk

Grilled cheese sandwich made with:

- 2 slices whole-wheat bread
- 2 slices muenster cheese
- 2 tsp. soft spread margarine

– 1 slice bread

– 1 slice cheese

– 1 tsp. margarine

1 apple

Water

### Dinner

Spaghetti & Meatballs made with:

- 1 cup spaghetti
- ½ cup pasta sauce
- 2 oz. meatballs

– ½ cup spaghetti

+ 1 oz. meatball

1 slice Italian bread

+ 1 tsp. margarine

Side salad made with:

- 2 cups chopped romaine
- ½ cup chopped cucumber & tomatoes
- 1 Tbsp. olive oil
- 1 Tbsp. balsamic vinegar

Water

+ 1 cup milk

+ 1 cup milk

### Snack

2 Tbsp. raisins

+ 2 Tbsp. raisins

½ oz. unsalted peanuts

### Daily Nutrition Summary

**2,000** total calories

	Amount Per Day	% DV
Total Fat:	68 g	105%
Saturated Fat:	23 g	115%
Trans Fat:	0.5 g	
Cholesterol:	130 mg	43%
Sodium:	2,130 mg	89%
Protein:	78 g	
Total Carb:	279 g	93%
Dietary Fiber:	26 g	104%
Vitamin A:	13,867 IU	280%
Vitamin C:	100 mg	170%
Calcium:	1,407 mg	130%
Iron:	12.6 mg	70%

### Daily Nutrition Summary

**2,170** total calories

	Amount Per Day	% DV
Total Fat:	79 g	122%
Saturated Fat:	25 g	125%
Trans Fat:	0.5 g	
Cholesterol:	150 mg	50%
Sodium:	2,230 mg	93%
Protein:	83 g	
Total Carb:	295 g	98%
Dietary Fiber:	27 g	108%
Vitamin A:	13,885 IU	280%
Vitamin C:	100 mg	170%
Calcium:	1,428 mg	140%
Iron:	13.4 mg	70%

### Daily Nutrition Summary

**1,770** total calories

	Amount Per Day	% DV
Total Fat:	68 g	105%
Saturated Fat:	24 g	120%
Trans Fat:	0.5 g	
Cholesterol:	135 mg	45%
Sodium:	2,150 mg	90%
Protein:	75 g	
Total Carb:	224 g	75%
Dietary Fiber:	24 g	96%
Vitamin A:	14,291 IU	290%
Vitamin C:	97 mg	160%
Calcium:	1,479 mg	150%
Iron:	11.2 mg	60%

### Daily Nutrition Summary

**1,590** total calories

	Amount Per Day	% DV
Total Fat:	57 g	88%
Saturated Fat:	18 g	90%
Trans Fat:	0 g	
Cholesterol:	115 mg	38%
Sodium:	1,850 mg	77%
Protein:	66 g	
Total Carb:	212 g	71%
Dietary Fiber:	22 g	88%
Vitamin A:	14,090 IU	280%
Vitamin C:	97 mg	160%
Calcium:	1,299 mg	130%
Iron:	10.6 mg	60%



# #4 Balance Your Plate On a Budget Meal Plan

Day 4 meal plan below

People have different calorie needs. This page shows how all family members can adopt their portion sizes to meet their needs. Changes in each plan from the 2,000 calorie daily plan are noted below.

## 2,000 Calorie Daily Plan

## 2,200 Calorie Daily Plan

## 1,800 Calorie Daily Plan

## 1,600 Calorie Daily Plan

### Breakfast

1½ cup frosted shredded wheat cereal		- ½ cup cereal	- ½ cup cereal
1 cup 1% milk			
1 hard-cooked egg			No egg
1 banana			
1 cup 100% apple juice		- ¼ cup juice	- ¼ cup juice

### Lunch

Tuna salad sandwich made with:			
• 2 slices whole grain bread			
• 3 oz. canned light tuna, in water			
• 1 Tbsp. mayonnaise			
• 2 slices each tomato & lettuce leaf			
1 cup carrot/celery sticks			- ½ cup carrot sticks
1 cup canned pears, in juice		- ½ cup canned pears	- ½ cup canned pears
2 NESTLÉ TOLLHOUSE® Cookies	- 1 cookie	- 1 cookie	- 1 cookie
Water		+ 1 cup milk	+ 1 cup milk

### Dinner

1 slice (⅓) TOMBSTONE® Original Supreme Pizza	+ 1 slice pizza		
½ cup broccoli florets			
½ cup red pepper strips			
2 Tbsp. ranch dip			
Water			

### Snack

6 oz. low-fat fruit yogurt		- 2 oz. yogurt	- 2 oz. yogurt
1 apple			No apple

### Daily Nutrition Summary

**1,980** total calories

	Amount Per Day	% DV
Total Fat:	52 g	80%
Saturated Fat:	18 g	90%
Trans Fat:	0 g	
Cholesterol:	285 mg	95%
Sodium:	1,810 mg	75%
Protein:	80 g	
Total Carb:	314 g	105%
Dietary Fiber:	32 g	128%
Vitamin A:	12,377 IU	250%
Vitamin C:	141 mg	230%
Calcium:	997 mg	100%
Iron:	31.2 mg	170%

### Daily Nutrition Summary

**2,190** total calories

	Amount Per Day	% DV
Total Fat:	62 g	95%
Saturated Fat:	22 g	110%
Trans Fat:	0 g	
Cholesterol:	315 mg	105%
Sodium:	2,340 mg	98%
Protein:	93 g	
Total Carb:	333 g	111%
Dietary Fiber:	33 g	132%
Vitamin A:	12,617 IU	250%
Vitamin C:	142 mg	240%
Calcium:	1,197 mg	120%
Iron:	33.5 mg	190%

### Daily Nutrition Summary

**1,790** total calories

	Amount Per Day	% DV
Total Fat:	48 g	74%
Saturated Fat:	16 g	80%
Trans Fat:	0 g	
Cholesterol:	285 mg	95%
Sodium:	1,860 mg	78%
Protein:	80 g	
Total Carb:	270 g	90%
Dietary Fiber:	28 g	112%
Vitamin A:	12,726 IU	250%
Vitamin C:	137 mg	230%
Calcium:	1,067 mg	110%
Iron:	27.9 mg	150%

### Daily Nutrition Summary

**1,590** total calories

	Amount Per Day	% DV
Total Fat:	42 g	65%
Saturated Fat:	14 g	70%
Trans Fat:	0 g	
Cholesterol:	100 mg	33%
Sodium:	1,790 mg	75%
Protein:	73 g	
Total Carb:	238 g	79%
Dietary Fiber:	23 g	92%
Vitamin A:	12,367 IU	250%
Vitamin C:	128 mg	210%
Calcium:	1,027 mg	100%
Iron:	26.9 mg	150%



# #5 Balance Your Plate On a Budget Meal Plan

Day 5 meal plan below

People have different calorie needs. This page shows how all family members can adopt their portion sizes to meet their needs. Changes in each plan from the 2,000 calorie daily plan are noted below.

## 2,000 Calorie Daily Plan

## 2,200 Calorie Daily Plan

## 1,800 Calorie Daily Plan

## 1,600 Calorie Daily Plan

### Breakfast

1 cup frosted shredded wheat cereal			
1 cup 1% milk			
1 orange			No orange
1 cup 100% apple juice	+ ½ cup juice		

### Lunch

1 turkey frank			
1 hotdog bun			
2 tsp. mustard			
½ cup chopped tomatoes & onions			
1 cup carrot sticks			- ½ cup carrots
2 Tbsp. ranch dressing			
1 cup low-fat fruit yogurt		- ¼ cup yogurt	- ¼ cup yogurt
1 cup sliced strawberries		- ½ cup strawberries	- ½ cup strawberries

### Dinner

1 serving (⅓) <b>STOUFFER'S®</b> Rigatoni with Chicken & Pesto	+ ½ serving Rigatoni with Chicken & Pesto		
1 cup green beans with:			
• ½ tsp. olive oil			
• 1 oz. sliced almonds		- ½ oz. almonds	- ½ oz. almonds
1 cup 1% milk			

### Snack

6 whole grain crackers		- 3 crackers	No crackers
1 string cheese stick			
½ cup grapes			

### Daily Nutrition Summary

**1,970** total calories

	Amount Per Day	% DV
Total Fat:	66 g	102%
Saturated Fat:	22 g	110%
Trans Fat:	1 g	
Cholesterol:	115 mg	38%
Sodium:	2,080 mg	87%
Protein:	78 g	
Total Carb:	282 g	94%
Dietary Fiber:	30 g	120%
Vitamin A:	20,183 IU	400%
Vitamin C:	209 mg	350%
Calcium:	1,617 mg	160%
Iron:	9.8 mg	50%

### Daily Nutrition Summary

**2,160** total calories

	Amount Per Day	% DV
Total Fat:	72 g	111%
Saturated Fat:	23 g	115%
Trans Fat:	1 g	
Cholesterol:	130 mg	43%
Sodium:	2,320 mg	97%
Protein:	85 g	
Total Carb:	308 g	103%
Dietary Fiber:	31 g	124%
Vitamin A:	20,484 IU	410%
Vitamin C:	210 mg	350%
Calcium:	1,677 mg	170%
Iron:	10.3 mg	60%

### Daily Nutrition Summary

**1,770** total calories

	Amount Per Day	% DV
Total Fat:	56 g	86%
Saturated Fat:	20 g	100%
Trans Fat:	1 g	
Cholesterol:	115 mg	38%
Sodium:	2,080 mg	87%
Protein:	71 g	
Total Carb:	282 g	94%
Dietary Fiber:	27 g	108%
Vitamin A:	20,162 IU	400%
Vitamin C:	208 mg	350%
Calcium:	1,489 mg	150%
Iron:	8.8 mg	50%

### Daily Nutrition Summary

**1,570** total calories

	Amount Per Day	% DV
Total Fat:	51 g	78%
Saturated Fat:	19 g	95%
Trans Fat:	1 g	
Cholesterol:	115 mg	38%
Sodium:	1,950 mg	81%
Protein:	66 g	
Total Carb:	220 g	73%
Dietary Fiber:	19 g	76%
Vitamin A:	11,524 IU	230%
Vitamin C:	86 mg	140%
Calcium:	1,405 mg	140%
Iron:	7.8 mg	45%





# #6 Balance Your Plate On a Budget Meal Plan

Day 6 meal plan below

People have different calorie needs. This page shows how all family members can adopt their portion sizes to meet their needs. Changes in each plan from the 2,000 calorie daily plan are noted below.

## 2,000 Calorie Daily Plan

## 2,200 Calorie Daily Plan

## 1,800 Calorie Daily Plan

## 1,600 Calorie Daily Plan

### Breakfast

1 whole grain English muffin			- ½ English muffin
1 Tbsp. fruit spread			
1 cup low-fat fruit yogurt			
1 oz. granola			
1 cup 100% orange juice			- ½ cup juice
	+ 1 Tbsp. peanut butter		

### Lunch

Turkey & Swiss sandwich made with:			
• 2 slices whole-wheat bread			
• 1 slice Swiss cheese			
• 2 oz. turkey breast			
• 2 tsp. mayonnaise			
• 2 slices each tomato & lettuce leaf			
1 banana			
Water			

### Dinner

1 serving (¼) <b>STOUFFER'S®</b> Meat Loaf in Gravy			
1 medium baked potato	1 large potato	1 small potato	1 small potato
2 tsp. soft spread margarine			- 1 tsp. margarine
1 Tbsp. sour cream			
1 cup frozen broccoli			- ½ cup broccoli
1 oz. whole-wheat dinner roll			
1 cup 1% milk			

### Snack

3 cups air-popped popcorn			
1 cup grapes		- ½ cup grapes	- ½ cup grapes

### Daily Nutrition Summary

**1,980** total calories

	Amount Per Day	% DV
Total Fat:	47 g	72%
Saturated Fat:	18 g	90%
Trans Fat:	1 g	
Cholesterol:	125 mg	42%
Sodium:	2,260 mg	94%
Protein:	90 g	
Total Carb:	317 g	106%
Dietary Fiber:	30 g	120%
Vitamin A:	4,548 IU	90%
Vitamin C:	197 mg	330%
Calcium:	1,285 mg	130%
Iron:	12.5 mg	70%

### Daily Nutrition Summary

**2,179** total calories

	Amount Per Day	% DV
Total Fat:	53 g	82%
Saturated Fat:	18 g	90%
Trans Fat:	1 g	
Cholesterol:	120 mg	40%
Sodium:	2,340 mg	98%
Protein:	97 g	
Total Carb:	347 g	116%
Dietary Fiber:	34 g	136%
Vitamin A:	4,486 IU	90%
Vitamin C:	209 mg	350%
Calcium:	1,299 mg	130%
Iron:	14.2 mg	80%

### Daily Nutrition Summary

**1,800** total calories

	Amount Per Day	% DV
Total Fat:	45 g	69%
Saturated Fat:	18 g	90%
Trans Fat:	1 g	
Cholesterol:	125 mg	42%
Sodium:	2,250 mg	94%
Protein:	85 g	
Total Carb:	276 g	92%
Dietary Fiber:	26 g	104%
Vitamin A:	4,494 IU	90%
Vitamin C:	191 mg	320%
Calcium:	1,261 mg	130%
Iron:	10.9 mg	60%

### Daily Nutrition Summary

**1,610** total calories

	Amount Per Day	% DV
Total Fat:	41 g	63%
Saturated Fat:	17 g	85%
Trans Fat:	1 g	
Cholesterol:	125 mg	42%
Sodium:	2,100 mg	88%
Protein:	79 g	
Total Carb:	243 g	81%
Dietary Fiber:	22 g	88%
Vitamin A:	3,512 IU	70%
Vitamin C:	112 mg	190%
Calcium:	1,167 mg	120%
Iron:	9.3 mg	50%





# #7 Balance Your Plate On a Budget Meal Plan

Day 7 meal plan below

People have different calorie needs. This page shows how all family members can adopt their portion sizes to meet their needs. Changes in each plan from the 2,000 calorie daily plan are noted below.

## 2,000 Calorie Daily Plan

## 2,200 Calorie Daily Plan

## 1,800 Calorie Daily Plan

## 1,600 Calorie Daily Plan

### Breakfast

1 cup creamy oatmeal made with:

- 1 cup 1% milk
- ¾ cup dry oats
- 1 Tbsp. brown sugar
- 2 Tbsp. raisins

1 medium banana  
1 hard-cooked egg

– ½ cup oatmeal made with:

- ½ cup milk
- ½ cup dry oats
- 1 tsp. brown sugar
- 1 Tbsp. raisins

– ½ cup oatmeal made with:

- ½ cup milk
- ½ cup dry oats
- 1 tsp. brown sugar
- 1 Tbsp. raisins

+ ½ cup milk

### Lunch

1 **LEAN POCKETS**® Chicken, Broccoli Cheddar  
1 oz. tortilla chips  
½ cup bell pepper strips  
¼ cup salsa  
¾ cup pineapple, canned in juice  
Water

No salsa  
– ¼ cup pineapple

– ½ oz. tortilla chips  
No salsa  
– ¼ cup pineapple

### Dinner

1 serving **STOUFFER'S**® Lasagna with Meat & Sauce  
Side salad made with:

- 2 cups chopped romaine
- ¼ cup garbanzo beans, unsalted
- ¼ cup chopped tomatoes
- 1 Tbsp. olive oil
- 1 Tbsp. balsamic vinegar

1 oz. whole-wheat dinner roll  
1 tsp. soft spread margarine  
1 cup 1% milk

+ ½ serving lasagna

– ¼ serving lasagna

– 2 Tbsp. beans

– 1 cup lettuce  
– 2 Tbsp. beans  
– ½ Tbsp. olive oil  
– ½ Tbsp. balsamic

### Snack

1 medium apple  
1 Tbsp. peanut butter

+ 1 Tbsp. peanut butter

1 small apple

1 small apple

### Daily Nutrition Summary

**1,920** total calories

	Amount Per Day	% DV
Total Fat:	66 g	102%
Saturated Fat:	19 g	95%
Trans Fat:	0 g	
Cholesterol:	255 mg	85%
Sodium:	1,740 mg	73%
Protein:	71 g	
Total Carb:	276 g	92%
Dietary Fiber:	33 g	132%
Vitamin A:	12,466 IU	250%
Vitamin C:	108 mg	180%
Calcium:	1,194 mg	120%
Iron:	12.7 mg	70%

### Daily Nutrition Summary

**2,170** total calories

	Amount Per Day	% DV
Total Fat:	78 g	120%
Saturated Fat:	23 g	115%
Trans Fat:	0 g	
Cholesterol:	270 mg	90%
Sodium:	2,160 mg	90%
Protein:	83 g	
Total Carb:	301 g	100%
Dietary Fiber:	38 g	152%
Vitamin A:	17,207 IU	340%
Vitamin C:	122 mg	200%
Calcium:	1,305 mg	130%
Iron:	14.5 mg	80%

### Daily Nutrition Summary

**1,750** total calories

	Amount Per Day	% DV
Total Fat:	64 g	98%
Saturated Fat:	18 g	90%
Trans Fat:	0 g	
Cholesterol:	255 mg	85%
Sodium:	1,720 mg	72%
Protein:	66 g	
Total Carb:	240 g	80%
Dietary Fiber:	28 g	112%
Vitamin A:	12,221 IU	240%
Vitamin C:	98 mg	160%
Calcium:	1,168 mg	120%
Iron:	11.1 mg	60%

### Daily Nutrition Summary

**1,550** total calories

	Amount Per Day	% DV
Total Fat:	51 g	78%
Saturated Fat:	16 g	80%
Trans Fat:	0 g	
Cholesterol:	250 mg	83%
Sodium:	1,480 mg	62%
Protein:	61 g	
Total Carb:	222 g	74%
Dietary Fiber:	26 g	104%
Vitamin A:	8,002 IU	160%
Vitamin C:	95 mg	160%
Calcium:	1,088 mg	110%
Iron:	9.8 mg	50%



# #8 Balance Your Plate On a Budget Meal Plan

Day 8 meal plan below

People have different calorie needs. This page shows how all family members can adopt their portion sizes to meet their needs. Changes in each plan from the 2,000 calorie daily plan are noted below.

## 2,000 Calorie Daily Plan

## 2,200 Calorie Daily Plan

## 1,800 Calorie Daily Plan

## 1,600 Calorie Daily Plan

### Breakfast

1 cup frosted shredded wheat cereal  
1 cup 1% milk  
½ grapefruit

– ¼ cup cereal

– ¼ cup cereal

### Lunch

Chef's salad made with:  
• 3 cups chopped lettuce  
• ½ oz. Swiss cheese, chopped + ½ oz. cheese  
• 1 oz. turkey breast, chopped  
• 1 hard cooked egg, chopped  
• ½ cup chopped tomatoes  
• 2 Tbsp. ranch dressing  
1 NESTLÉ TOLLHOUSE® cookie + 1 cookie  
1 cup 100% orange juice

### Swap lunch for ...

Peanut butter & jelly sandwich made with:  
• 2 slices whole-wheat bread  
• 2 Tbsp. peanut butter  
• 1 Tbsp. fruit spread  
1 cup carrot & celery sticks  
1 Tbsp. ranch dressing  
No cookie  
Water

### Swap lunch for ...

Peanut butter & jelly sandwich made with:  
• 2 slices whole-wheat bread  
• 2 Tbsp. peanut butter  
• 1 Tbsp. fruit spread  
1 cup carrot & celery sticks  
1 Tbsp. ranch dressing  
No cookie  
Water

### Dinner

3 oz. chicken breast, grilled with 1 tsp. olive oil  
1 cup STOUFFER'S® Macaroni & Cheese  
1 cup frozen mixed vegetables  
1 oz. whole-wheat dinner roll  
1 tsp. soft spread margarine  
1 cup 1% milk

No roll  
No margarine

– 1 oz. chicken  
– ½ cup Macaroni & Cheese  
No roll  
No margarine

### Snack

6 oz. low-fat vanilla yogurt  
1 banana

### Daily Nutrition Summary

**1,950** total calories

	Amount Per Day	% DV
Total Fat:	66 g	102%
Saturated Fat:	23 g	115%
Trans Fat:	0.5 g	
Cholesterol:	345 mg	115%
Sodium:	2,310 mg	96%
Protein:	94 g	
Total Carb:	254 g	85%
Dietary Fiber:	24 g	96%
Vitamin A:	18,641 IU	370%
Vitamin C:	160 mg	270%
Calcium:	1,496 mg	150%
Iron:	23.7 mg	130%

### Daily Nutrition Summary

**2,220** total calories

	Amount Per Day	% DV
Total Fat:	76 g	117%
Saturated Fat:	27 g	135%
Trans Fat:	0.5 g	
Cholesterol:	360 mg	120%
Sodium:	2,420 mg	101%
Protein:	102 g	
Total Carb:	286 g	95%
Dietary Fiber:	27 g	108%
Vitamin A:	18,758 IU	380%
Vitamin C:	160 mg	270%
Calcium:	1,620 mg	160%
Iron:	25 mg	140%

### Daily Nutrition Summary

**1,830** total calories

	Amount Per Day	% DV
Total Fat:	59 g	91%
Saturated Fat:	19 g	95%
Trans Fat:	0.5 g	
Cholesterol:	130 mg	43%
Sodium:	2,020 mg	84%
Protein:	130 g	
Total Carb:	248 g	83%
Dietary Fiber:	22 g	112%
Vitamin A:	12,147 IU	240%
Vitamin C:	146 mg	240%
Calcium:	1,360 mg	140%
Iron:	16.7 mg	90%

### Daily Nutrition Summary

**1,640** total calories

	Amount Per Day	% DV
Total Fat:	50 g	77%
Saturated Fat:	16 g	80%
Trans Fat:	0.5 g	
Cholesterol:	100 mg	33%
Sodium:	1,540 mg	54%
Protein:	128 g	
Total Carb:	234 g	78%
Dietary Fiber:	21 g	84%
Vitamin A:	12,143 IU	240%
Vitamin C:	146 mg	240%
Calcium:	1,232 mg	120%
Iron:	16.3 mg	90%



# #9 Balance Your Plate On a Budget Meal Plan

Day 9 meal plan below

People have different calorie needs. This page shows how all family members can adopt their portion sizes to meet their needs. Changes in each plan from the 2,000 calorie daily plan are noted below.

## 2,000 Calorie Daily Plan

## 2,200 Calorie Daily Plan

## 1,800 Calorie Daily Plan

## 1,600 Calorie Daily Plan

### Breakfast

French toast made with:

- 2 slices whole-wheat bread
- 3 Tbsp. 1% milk
- 1 egg
- 2 Tbsp. maple syrup

1 cup melon cubes

1 cup 1% milk

– 1 slice bread

– 1 Tbsp. milk

– ½ egg

– 1 Tbsp. syrup

– 1 slice bread

– 1 Tbsp. milk

– ½ egg

– 1 Tbsp. syrup

### Lunch

Bean, cheese & vegetable burrito

made with:

- 1 8-inch flour tortilla
- ½ cup canned black beans, unsalted
- ½ cup sautéed peppers & onions
- 1 oz. shredded cheddar cheese

1 oz. tortilla chips

¼ cup salsa

⅓ avocado

Water

Use ¼ avocado

– ½ 8-inch flour tortilla

Use ¼ cup black beans

– ¼ cup peppers & onions

### Dinner

1 serving (⅓) **STOUFFER'S®**

Salisbury Steak

½ cup mashed potatoes

1 cup steamed carrots

1 oz. whole-wheat dinner roll

1 tsp. soft spread margarine

1 cup frozen yogurt

½ cup sliced strawberries

Water

+ ½ cup mashed potatoes

– ½ cup mashed potatoes

– ½ cup carrots

### Snack

2 Tbsp. raisins

¼ oz. unsalted peanuts

1 cup 100% orange juice

+ 2 Tbsp. raisins

+ ¼ oz. peanuts

– ½ cup juice

– ½ cup juice

### Daily Nutrition Summary

**1,980** total calories

	Amount Per Day	% DV
Total Fat:	66 g	102%
Saturated Fat:	23 g	115%
Trans Fat:	1.5 g	
Cholesterol:	290 mg	97%
Sodium:	2,110 mg	88%
Protein:	74 g	
Total Carb:	285 g	95%
Dietary Fiber:	30 g	120%
Vitamin A:	32,282 IU	650%
Vitamin C:	280 mg	470%
Calcium:	1,175 mg	120%
Iron:	12.3 mg	70%

### Daily Nutrition Summary

**2,180** total calories

	Amount Per Day	% DV
Total Fat:	74 g	114%
Saturated Fat:	24 g	120%
Trans Fat:	1.5 g	
Cholesterol:	290 mg	97%
Sodium:	2,120 mg	88%
Protein:	78 g	
Total Carb:	317 g	106%
Dietary Fiber:	34 g	136%
Vitamin A:	32,319 IU	650%
Vitamin C:	291 mg	490%
Calcium:	1,195 mg	120%
Iron:	13.1 mg	70%

### Daily Nutrition Summary

**1,760** total calories

	Amount Per Day	% DV
Total Fat:	63 g	97%
Saturated Fat:	22 g	110%
Trans Fat:	1 g	
Cholesterol:	200 mg	67%
Sodium:	1,960 mg	82%
Protein:	66 g	
Total Carb:	246 g	82%
Dietary Fiber:	28 g	112%
Vitamin A:	32,009 IU	640%
Vitamin C:	238 mg	400%
Calcium:	1,099 mg	110%
Iron:	11.1 mg	60%

### Daily Nutrition Summary

**1,580** total calories

	Amount Per Day	% DV
Total Fat:	57 g	88%
Saturated Fat:	20 g	100%
Trans Fat:	1 g	
Cholesterol:	190 mg	63%
Sodium:	1,590 mg	66%
Protein:	58 g	
Total Carb:	220 g	73%
Dietary Fiber:	23 g	92%
Vitamin A:	19,603 IU	390%
Vitamin C:	207 mg	340%
Calcium:	1,024 mg	100%
Iron:	9.1 mg	50%



# #10 Balance Your Plate On a Budget Meal Plan

Day 10 meal plan below

People have different calorie needs. This page shows how all family members can adopt their portion sizes to meet their needs. Changes in each plan from the 2,000 calorie daily plan are noted below.

## 2,000 Calorie Daily Plan

## 2,200 Calorie Daily Plan

## 1,800 Calorie Daily Plan

## 1,600 Calorie Daily Plan

### Breakfast

¾ cup creamy oatmeal made with:	+ ¼ cup oatmeal		
• 1 Tbsp. brown sugar			
• 2 Tbsp. raisins		- 1 Tbsp. raisins	- 1 Tbsp. raisins
• ½ oz. sliced almonds		- ¼ oz. almonds	- ¼ oz. almonds
• 1 cup 1% milk			
• ½ cup dry oats	+ ¼ cup dry oats		
1 banana			- ½ banana
½ cup 100% orange juice	+ ¼ cup juice		

### Lunch

Tuna salad sandwich made with:			- ½ Tuna salad sandwich:
• 2 slices whole-wheat bread			- 1 slice bread
• 3 oz. light tuna, packed in water			- 1 oz. light tuna
• 1 Tbsp. mayonnaise			- 1 tsp. mayonnaise
Tomato & Cucumber Salad made with:			
• ½ cup chopped tomatoes	- ¼ cup tomatoes		- ¼ cup tomatoes
• ½ cup chopped cucumbers	- ¼ cup cucumbers		- ¼ cup cucumbers
• 2 tsp. olive oil	- 1 tsp. olive oil		- 1 tsp. olive oil
• 2 tsp. balsamic vinegar	- 1 tsp. balsamic		- 1 tsp. balsamic
1 string cheese			
1 orange			
Water			

### Dinner

1 slice DIGIORNO® Rising Crust Pepperoni Pizza			
½ cup baby carrots			
2 Tbsp. hummus			
1 cup canned peaches, in juice			- ½ cup canned peaches
1 cup 1% milk			

### Snack

½ cup celery sticks			
3 whole grain crackers	+ 3 crackers		
1 Tbsp. peanut butter	+ 1 Tbsp. peanut butter		

### Daily Nutrition Summary

**2,030** total calories

	Amount Per Day	% DV
Total Fat:	64 g	98%
Saturated Fat:	20 g	100%
Trans Fat:	0 g	
Cholesterol:	175 mg	58%
Sodium:	1,630 mg	68%
Protein:	100 g	
Total Carb:	267 g	89%
Dietary Fiber:	27 g	108%
Vitamin A:	8,057 IU	160%
Vitamin C:	193 mg	320%
Calcium:	1,615 mg	160%
Iron:	10.4 mg	60%

### Daily Nutrition Summary

**2,240** total calories

	Amount Per Day	% DV
Total Fat:	76 g	117%
Saturated Fat:	26 g	130%
Trans Fat:	0 g	
Cholesterol:	205 mg	68%
Sodium:	2,190 mg	91%
Protein:	100 g	
Total Carb:	286 g	95%
Dietary Fiber:	29 g	116%
Vitamin A:	7,978 IU	160%
Vitamin C:	195 mg	320%
Calcium:	1,710 mg	170%
Iron:	12.1 mg	70%

### Daily Nutrition Summary

**1,790** total calories

	Amount Per Day	% DV
Total Fat:	55 g	85%
Saturated Fat:	18 g	90%
Trans Fat:	0 g	
Cholesterol:	145 mg	48%
Sodium:	1,420 mg	59%
Protein:	86 g	
Total Carb:	241 g	80%
Dietary Fiber:	24 g	96%
Vitamin A:	8,005 IU	160%
Vitamin C:	192 mg	320%
Calcium:	1,513 mg	150%
Iron:	9.1 mg	50%

### Daily Nutrition Summary

**1,600** total calories

	Amount Per Day	% DV
Total Fat:	54 g	83%
Saturated Fat:	17 g	85%
Trans Fat:	0 g	
Cholesterol:	145 mg	48%
Sodium:	1,390 mg	58%
Protein:	81 g	
Total Carb:	201 g	67%
Dietary Fiber:	21 g	84%
Vitamin A:	7,847 IU	160%
Vitamin C:	189 mg	310%
Calcium:	1,424 mg	140%
Iron:	8.4 mg	45%





# #11 Balance Your Plate On a Budget Meal Plan

Day 11 meal plan below

People have different calorie needs. This page shows how all family members can adopt their portion sizes to meet their needs. Changes in each plan from the 2,000 calorie daily plan are noted below.

## 2,000 Calorie Daily Plan

## 2,200 Calorie Daily Plan

## 1,800 Calorie Daily Plan

## 1,600 Calorie Daily Plan

### Breakfast

1 whole grain English muffin			- ½ English muffin
2 Tbsp. peanut butter			- 1 Tbsp. peanut butter
1 cup low-fat fruit yogurt			
1 cup 100% orange juice		- ½ cup juice	- ½ cup juice

### Lunch

1 <b>LEAN POCKETS®</b> Ham & Cheese (with whole grain crust)			
¼ cup hummus			
½ cup carrots			
½ cup broccoli florets			
1 cup 1% milk			

### Dinner

Beef fajitas made with:			
• 1 6-inch tortillas	+ 1 tortillas		
• 2 oz. grilled sirloin steak strips	+ 1 oz. chicken		
• ½ cup sautéed peppers	+ ½ cup peppers		
• ½ cup sautéed onions	+ ½ cup sautéed onions		
• 2 tsp. olive oil			
¼ avocado			
Spanish rice made with:			
• 1 cup brown rice		- ½ cup brown rice	- ½ cup brown rice
• ¼ cup salsa			
Water			

### Snack

1 string cheese stick			
1 cup grapes			

### Daily Nutrition Summary

**2,000** total calories

	Amount Per Day	% DV
Total Fat:	64 g	98%
Saturated Fat:	19 g	95%
Trans Fat:	0 g	
Cholesterol:	110 mg	37%
Sodium:	1,860 mg	78%
Protein:	87 g	
Total Carb:	284 g	95%
Dietary Fiber:	24 g	96%
Vitamin A:	11,427 IU	230%
Vitamin C:	209 mg	350%
Calcium:	1,406 mg	140%
Iron:	11.7 mg	60%

### Daily Nutrition Summary

**2,170** total calories

	Amount Per Day	% DV
Total Fat:	68 g	105%
Saturated Fat:	20 g	100%
Trans Fat:	0 g	
Cholesterol:	130 mg	43%
Sodium:	2,030 mg	85%
Protein:	99 g	
Total Carb:	305 g	102%
Dietary Fiber:	26 g	104%
Vitamin A:	12,869 IU	260%
Vitamin C:	267 mg	450%
Calcium:	1,423 mg	140%
Iron:	13.8 mg	80%

### Daily Nutrition Summary

**1,830** total calories

	Amount Per Day	% DV
Total Fat:	63 g	97%
Saturated Fat:	19 g	95%
Trans Fat:	0 g	
Cholesterol:	110 mg	37%
Sodium:	1,860 mg	78%
Protein:	84 g	
Total Carb:	246 g	82%
Dietary Fiber:	22 g	88%
Vitamin A:	11,261 IU	230%
Vitamin C:	163 mg	270%
Calcium:	1,380 mg	140%
Iron:	10.9 mg	60%

### Daily Nutrition Summary

**1,610** total calories

	Amount Per Day	% DV
Total Fat:	52 g	80%
Saturated Fat:	17 g	85%
Trans Fat:	0 g	
Cholesterol:	110 mg	37%
Sodium:	1,550 mg	65%
Protein:	75 g	
Total Carb:	223 g	74%
Dietary Fiber:	18 g	72%
Vitamin A:	11,110 IU	220%
Vitamin C:	143 mg	240%
Calcium:	1,380 mg	130%
Iron:	8.8 mg	50%



# #12 Balance Your Plate On a Budget Meal Plan

Day 12 meal plan below

People have different calorie needs. This page shows how all family members can adopt their portion sizes to meet their needs. Changes in each plan from the 2,000 calorie daily plan are noted below.

## 2,000 Calorie Daily Plan

## 2,200 Calorie Daily Plan

## 1,800 Calorie Daily Plan

## 1,600 Calorie Daily Plan

### Breakfast

1 cup frosted shredded wheat cereal	+ ½ cup cereal		- ½ cup cereal
1 cup 1% milk			
1 cup melon cubes			- ½ cup melon cubes
1 hard cooked egg			

### Lunch

Turkey, Swiss and avocado wrap made with:			
• 1 8-inch flour tortilla			
• 2 oz. turkey breast			
• 1 slice Swiss cheese			
• ¼ avocado			
• ½ cup tomatoes, chopped			
• 1 cup shredded lettuce			
1 cup 1% milk			
1 cup grapes		- ½ cups grapes	- ½ cups grapes

### Dinner

1 serving (⅓) <b>STOUFFER'S®</b> Baked Ziti			
Side salad made with:			
• 2 cups lettuce			
• ½ cup cucumbers, chopped			- ¼ cup cucumbers
• 1 Tbsp. olive oil			- 1 Tbsp. olive oil
• 1 Tbsp. balsamic vinegar			
1 slice Italian bread			
1 tsp. soft spread margarine	+ ½ tsp. margarine		
Water			

### Snack

1 banana			- ½ banana
½ oz. unsalted peanuts	+ ½ oz. peanuts		
1 cup 100% apple juice	+ ½ cup juice	- ¼ cup juice	- ½ cup juice

### Daily Nutrition Summary

**2,000** total calories

	Amount Per Day	% DV
Total Fat:	75 g	115%
Saturated Fat:	22 g	110%
Trans Fat:	0.5 g	
Cholesterol:	260 mg	87%
Sodium:	2,400 mg	100%
Protein:	67 g	
Total Carb:	281 g	94%
Dietary Fiber:	28 g	112%
Vitamin A:	21,446 IU	500%
Vitamin C:	126 mg	190%
Calcium:	1,247 mg	120%
Iron:	27.2 mg	150%

### Daily Nutrition Summary

**2,160** total calories

	Amount Per Day	% DV
Total Fat:	76 g	117%
Saturated Fat:	22 g	110%
Trans Fat:	0.5 g	
Cholesterol:	260 mg	87%
Sodium:	2,410 mg	100%
Protein:	70 g	
Total Carb:	320 g	107%
Dietary Fiber:	31 g	124%
Vitamin A:	20,697 IU	500%
Vitamin C:	114 mg	190%
Calcium:	1,261 mg	120%
Iron:	12.1 mg	200%

### Daily Nutrition Summary

**1,750** total calories

	Amount Per Day	% DV
Total Fat:	64 g	98%
Saturated Fat:	20 g	100%
Trans Fat:	0.5 g	
Cholesterol:	295 mg	98%
Sodium:	2,280 mg	95%
Protein:	74 g	
Total Carb:	235 g	78%
Dietary Fiber:	24 g	96%
Vitamin A:	18,689 IU	360%
Vitamin C:	93 mg	130%
Calcium:	1,214 mg	120%
Iron:	26.3 mg	150%

### Daily Nutrition Summary

**1,560** total calories

	Amount Per Day	% DV
Total Fat:	59 g	91%
Saturated Fat:	20 g	100%
Trans Fat:	0.5 g	
Cholesterol:	295 mg	98%
Sodium:	2,270 mg	95%
Protein:	71 g	
Total Carb:	199 g	66%
Dietary Fiber:	20 g	80%
Vitamin A:	14,181 IU	280%
Vitamin C:	80 mg	120%
Calcium:	1,181 mg	120%
Iron:	16.7 mg	120%



# #13 Balance Your Plate On a Budget Meal Plan

Day 13 meal plan below

People have different calorie needs. This page shows how all family members can adopt their portion sizes to meet their needs. Changes in each plan from the 2,000 calorie daily plan are noted below.

## 2,000 Calorie Daily Plan

## 2,200 Calorie Daily Plan

## 1,800 Calorie Daily Plan

## 1,600 Calorie Daily Plan

### Breakfast

1 cup creamy oatmeal made with:	– ¼ cup oatmeal made with:	– ½ cup oatmeal made with:
• 1 cup 1% milk		– ¼ cup milk
• ¾ cup dry oats	Use ½ cup dry oats	Use ⅓ cup dry oats
• 1 Tbsp. brown sugar	– 1 tsp. sugar	– 1 tsp. sugar
• 1 banana		– ½ banana
1 slice whole-wheat toast		
1 Tbsp. peanut butter		

### Lunch

1 DIGIORNO® Thin Crust Cheese Pizza	+ 1 slice pizza	
Side salad made with:		
• 1 cup chopped lettuce		
• ¼ cup chopped tomatoes		
• ¼ cup chopped cucumbers	No cucumbers	No cucumbers
• 2 Tbsp. ranch dressing	– 1 Tbsp. ranch dressing	– 1 Tbsp. ranch dressing
1 orange		
1 cup 1% milk	No milk	

### Dinner

Chicken & vegetable stir fry made with:		
• 4 oz. chicken breast, cooked	– 1 oz. chicken	– 1 oz. chicken
• ½ cup broccoli		
• ½ cup red pepper strips		
• ¼ cup mushrooms		
• ¼ cup onion		
• 1 tsp. olive oil		
1 cup brown rice		– ½ cup rice
Water		

### Snack

1 cup low-fat fruit yogurt	– ¼ cup yogurt	– ¼ cup yogurt
½ oz. sliced almonds		

### Daily Nutrition Summary

**2,030** total calories

	Amount Per Day	% DV
Total Fat:	64 g	98%
Saturated Fat:	20 g	100%
Trans Fat:	0 g	
Cholesterol:	175 mg	58%
Sodium:	1,630 mg	68%
Protein:	100 g	
Total Carb:	267 g	89%
Dietary Fiber:	27 g	108%
Vitamin A:	8,057 IU	160%
Vitamin C:	193 mg	320%
Calcium:	1,615 mg	160%
Iron:	10.4 mg	60%

### Daily Nutrition Summary

**2,240** total calories

	Amount Per Day	% DV
Total Fat:	76 g	117%
Saturated Fat:	26 g	130%
Trans Fat:	0 g	
Cholesterol:	205 mg	68%
Sodium:	2,190 mg	91%
Protein:	100 g	
Total Carb:	286 g	95%
Dietary Fiber:	29 g	116%
Vitamin A:	7,978 IU	160%
Vitamin C:	195 mg	320%
Calcium:	1,710 mg	170%
Iron:	12.1 mg	70%

### Daily Nutrition Summary

**1,790** total calories

	Amount Per Day	% DV
Total Fat:	55 g	85%
Saturated Fat:	18 g	90%
Trans Fat:	0 g	
Cholesterol:	145 mg	48%
Sodium:	1,420 mg	59%
Protein:	86 g	
Total Carb:	241 g	80%
Dietary Fiber:	24 g	96%
Vitamin A:	8,005 IU	160%
Vitamin C:	192 mg	320%
Calcium:	1,513 mg	150%
Iron:	9.1 mg	50%

### Daily Nutrition Summary

**1,600** total calories

	Amount Per Day	% DV
Total Fat:	54 g	83%
Saturated Fat:	17 g	85%
Trans Fat:	0 g	
Cholesterol:	145 mg	48%
Sodium:	1,390 mg	58%
Protein:	81 g	
Total Carb:	201 g	67%
Dietary Fiber:	21 g	84%
Vitamin A:	7,847 IU	160%
Vitamin C:	189 mg	310%
Calcium:	1,424 mg	140%
Iron:	8.4 mg	45%



# #14 Balance Your Plate On a Budget Meal Plan

Day 14 meal plan below

People have different calorie needs. This page shows how all family members can adopt their portion sizes to meet their needs. Changes in each plan from the 2,000 calorie daily plan are noted below.

## 2,000 Calorie Daily Plan

## 2,200 Calorie Daily Plan

## 1,800 Calorie Daily Plan

## 1,600 Calorie Daily Plan

### Breakfast

1 cup low-fat yogurt			
¼ cup granola	+ ¼ cup granola		
½ cup sliced strawberries			
1 slice whole-wheat toast			No toast
1 Tbsp. fruit spread			No fruit spread
1 cup 100% apple juice		- ½ cup juice	- ½ cup juice

### Lunch

1 <b>HOT POCKETS®</b> Pepperoni Pizza			
1 cup 1% milk			
1 apple	+ 1 Tbsp. peanut butter		

### Dinner

1 serving (¼) <b>STOUFFER'S®</b> Chicken Enchiladas			
½ cup mashed pinto beans, unsalted			- ¼ cup beans
1 Tbsp. shredded cheddar cheese			
Spinach salad made with:			
• 3 cups baby spinach			- 1 cup spinach
• ½ cup mandarin oranges			- ¼ cup oranges
• ¼ cup mushrooms			
• ½ oz. sunflower seeds, unsalted			
Salad dressing made with:			
• 1 Tbsp. olive oil			- 1 tsp. olive oil
• 1 Tbsp. orange juice			- 1 tsp. juice

### Snack

1 banana		- ½ banana	- ½ banana
1 oz. almonds, unsalted		- ½ oz. almonds	- ½ oz. almonds

### Daily Nutrition Summary

**2,000** total calories

	Amount Per Day	% DV
Total Fat:	66 g	102%
Saturated Fat:	18 g	90%
Trans Fat:	0 g	
Cholesterol:	80 mg	27%
Sodium:	2,030 mg	85%
Protein:	69 g	
Total Carb:	294 g	98%
Dietary Fiber:	32 g	128%
Vitamin A:	4,104 IU	80%
Vitamin C:	117 mg	200%
Calcium:	1,410 mg	140%
Iron:	10.9 mg	60%

### Daily Nutrition Summary

**2,190** total calories

	Amount Per Day	% DV
Total Fat:	75 g	115%
Saturated Fat:	21 g	105%
Trans Fat:	0 g	
Cholesterol:	80 mg	27%
Sodium:	2,110 mg	88%
Protein:	76 g	
Total Carb:	316 g	105%
Dietary Fiber:	35 g	140%
Vitamin A:	4,154 IU	80%
Vitamin C:	118 mg	200%
Calcium:	1,495 mg	140%
Iron:	12.2 mg	70%

### Daily Nutrition Summary

**1,810** total calories

	Amount Per Day	% DV
Total Fat:	59 g	91%
Saturated Fat:	19 g	95%
Trans Fat:	0 g	
Cholesterol:	80 mg	27%
Sodium:	2,020 mg	84%
Protein:	66 g	
Total Carb:	264 g	88%
Dietary Fiber:	29 g	116%
Vitamin A:	2,065 IU	80%
Vitamin C:	111 mg	180%
Calcium:	1,360 mg	140%
Iron:	10.1 mg	60%

### Daily Nutrition Summary

**1,590** total calories

	Amount Per Day	% DV
Total Fat:	53 g	82%
Saturated Fat:	18 g	90%
Trans Fat:	0 g	
Cholesterol:	80 mg	27%
Sodium:	1,900 mg	79%
Protein:	59 g	
Total Carb:	228 g	76%
Dietary Fiber:	23 g	92%
Vitamin A:	3,442 IU	70%
Vitamin C:	93 mg	160%
Calcium:	1,294 mg	130%
Iron:	8.4 mg	45%





# TIPS TO AVOID WASTE AND ENSURE SMART EATING

If you are purchasing larger quantities than are called for in the weekly meal plan, follow these tips to ensure proper storage and prevent food spoilage.

## FRUITS & VEGETABLES

Vegetables require the proper care to prevent spoilage. Tomatoes and potatoes are best stored at room temperature, while vegetables like lettuce, cucumbers and carrots should be placed in refrigerator crisper drawers.

To prevent premature ripening, keep avocados, pears, bananas and tomatoes apart from apples, broccoli, lettuce and potatoes.

Keep frozen and canned produce on hand so they're ready to use when you need them. For best taste and quality, use frozen and canned produce before the "use by" date.

To prevent premature spoilage, fresh berries should get a good rinse, just before usage.

Rinse and dry leaf lettuce and store in plastic bags for up to one week.

## BREADS & CEREALS

Store extra breads and rolls in an airtight container or storage bag; place in the freezer and defrost as needed.

Keep cereal fresh by storing in airtight containers instead of rolling down the bag.

## SNACKS

Keep crackers in storage bags or airtight containers to prevent them from becoming stale.

Store nuts in the freezer to prolong shelf life.

## BEVERAGES

If shopping for one, purchase single-serve juice containers to avoid waste and ensure variety. If purchasing for a family, consider bulk sizes of shelf-stable juices to save refrigerator space.

## FROZEN PREPARED FOODS

Frozen prepared foods offer flexibility whether prepping for one or a whole family. If cooking for a family, look for multi-serve varieties that accommodate your family's size.





# NUTRITIOUS EATING ON A BUDGET

## 8 TIPS TO SHOP SMARTER WITHOUT STRETCHING YOUR WALLET

### PLAN AHEAD

Planning your meals in advance helps streamline your purchases and ensures that the food and beverages you buy don't go to waste.

### WRITE IT DOWN!

Translate your weekly meal plan into a shopping list and don't stray from it. This will help you stay on budget.

### REUSE ingredients through the week

Select recipes that make use of similar ingredients to help reduce the size of your shopping list and eliminate waste from half-used ingredients.

### BUY IN BULK when it makes sense

Purchasing bulk quantities of foods you buy often and choosing family-sized servings of favorite frozen prepared meals can save you valuable dollars.

### BUY IN SEASON

When balancing your plate with fresh produce, choose what's in season. Seasonal produce is fresher and usually less expensive.

### STOCK UP on frozen produce

Frozen fruits and vegetables are picked at the peak of freshness to lock in flavor and nutrients. New research shows that some frozen fruits and vegetables may have higher levels of certain vitamins and antioxidants compared to their fresh counterparts.

### Be SMART with LEFTOVERS

Take leftovers for lunch. It's easiest to pack lunches after dinner for the next day, so you're ready to go in the morning.

### SAVE YOUR DOUGH Chop yourself!

Every dollar counts when you're on a budget, so grab your chef's knife and cutting board and avoid the upcharges you can spend for pre-cut produce.

#### Add Nutrition & Flavor with Pumpkin!

Canned pumpkin is a good source of fiber and an excellent source of Vitamin A per serving, and can be added to a variety of recipes to contribute extra flavor, while cutting down on fat and sodium. All for minimal cost!

A few simple ways you can power up on pumpkin below:

- Pasta sauce + pumpkin
- Mashed potatoes + pumpkin
- Hummus + pumpkin
- Brown rice + pumpkin



Get more ideas at [verybestbaking.com/Libbys](http://verybestbaking.com/Libbys)



Unless noted to the contrary, all trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland, or used with permission. CALIFORNIA PIZZA KITCHEN® is a trademark owned and licensed by CPK Management Company.



# Balance Your Plate On a Budget Meal Plan

## On a Budget Grocery List Week 1 (for days 1-7)

This shopping list meets the needs of a family of four. Non-perishable items for the full 14 day meal-plan have been included in our Week 1 grocery list.

### DAIRY & EGGS

- 1 dozen Eggs
- 1 ¾ gallons 1% milk
- 8 oz. Swiss cheese
- 8 String cheese
- 7 oz. Muenster cheese
- 16 c (128oz) Fat-free or low-fat flavored yogurt
- 1 c Fat-free pudding

### MEAT

- 1 lb. Turkey breast, lunch meat, sliced
- 9 oz. Ground beef (90% lean)
- 4 Turkey hot dogs (light)

### FRUIT

- 16 Bananas
- 11 Apples
- 7 Oranges
- 5 c Grapes
- 2.5 pints Strawberries – about 5c slices
- 4 Pears

### VEGETABLES

- 3 lb. Baby carrots
- 2 lb. Celery
- 8 c Broccoli florets
- 3 Green bell pepper (medium) – about 4 c sliced
- 2.5 Cucumber (large) – about 5 cups, chopped
- 5 lb. Idaho potatoes
- 4 lb. Sweet onions
- 6.5 Tomatoes (medium)
- 1 head Iceberg lettuce
- 3 heads Romaine lettuce
- 4 c Spinach (fresh)
- ½ Avocado

### BREADS/CEREALS

- 12-ct pkg Whole-wheat English muffin\*
  - 2 loaves Whole grain bread\*
  - 1 loaf Italian bread, sliced\*
  - 8 Whole wheat dinner roll (1oz ea)\*
  - 4 Hot Dog Buns
  - 42 oz. canister Rolled oats
  - 43.5 oz. bag Frosted shredded wheat cereal
- \*freeze and use as needed to keep fresh

### DRESSINGS/SPREADS

- 1 tub (15 oz.) Margarine (soft spread)
- 1 bottle (16 oz.) Ranch dressing
- 1 bottle (25.4 oz.) Olive oil
- 1 jar (15 oz.) Mayonnaise
- 2 oz. Sour cream
- 1½ oz. Mustard
- 1 jar (15 oz.) 100% fruit spread

- 1 bag (32 oz.) Brown sugar
- 1 jar (16 oz.) Peanut butter
- 1 bottle (16 oz.) Balsamic vinegar
- 1 jar (24 oz.) Salsa
- 1 jar (24 oz.) Pasta sauce

### SHELF STABLE ITEMS

- 3 cans Tomato soup, reduced sodium
- 2 cans Minestrone soup, reduced sodium
- 3 cans (5 oz. ea) Canned tuna, in water
- 1 can (15 oz.) Canned beans (white)
- 1 can (15 oz.) Canned beans (garbanzo)
- 1 package Spaghetti, regular
- 2¼ c Canned fruit
- 3 c Canned pears, with juice
- 3½ c Applesauce (no sugar added)
- 1 c Raisins

### SNACKS

- 7 oz. Almonds, natural
- 2 oz. Peanuts, unsalted
- 5 oz. Granola
- 1 box Whole-wheat, reduced-sodium crackers
- 1 bag Tortilla chips
- 1 pkg (16.5 oz.) NESTLÉ TOLLHOUSE® Chocolate Chip Cookie Dough
- ½ c Popcorn kernels

### BEVERAGES

- 1 bottle (96 oz.) 100% apple juice
- 1 bottle (59 oz.) 100% orange juice

### Good to know – Shopping Tip:

If you are shopping for one, look into purchasing single-serve juice containers to avoid waste, while ensuring variety. If you are preparing for a family, consider purchasing bulk sizes of shelf-stable juices to save that limited space in your refrigerator!

### FROZEN PREPARED FOODS

- 1 STOUFFER'S® Rigatoni Chicken Pesto (25 oz.)
- 2 LEAN POCKETS® Chicken, Broccoli Cheddar (2-sandwich pack)
- 2 LEAN POCKETS® Ham, Egg & Cheese (2-sandwich pack)
- 1 STOUFFER'S® Stuffed Green Peppers (32 oz.)
- 1 STOUFFER'S® Chicken & Vegetable Rice Bake (36 oz.)
- 1 STOUFFER'S® Lasagna with Meat & Sauce (38 oz.)
- 1 STOUFFER'S® Meat Loaf in Gravy (33 oz.)
- 1 TOMBSTONE® Supreme Pizza

### FROZEN (other)

- 4 c Frozen green beans

### Good to know – Shopping Tip:

Nestlé Prepared Meals offer flexibility whether prepping for one or a family of five. If you are cooking for a family, look for multi-serve varieties that accommodate your family's size.



# Balance Your Plate On a Budget Meal Plan

## On a Budget Grocery List Week 2 (for days 8-14)

### DAIRY & EGGS

- 1 dozen Eggs
- 3½ gallons 1% milk
- 6 oz. Swiss cheese
- 8 oz. Shredded cheddar cheese
- 8 String cheese
- 14 c (112 oz.) Fat-free or low-fat flavored yogurt

### MEAT

- 10 oz. Turkey breast, lunch meat, sliced
- 9 oz. Sirloin steak
- 1½ lbs Chicken breasts, boneless, skinless

### FRUIT

- 17 Bananas
- 2 Apples, medium
- 2 Apples, small
- 8 Oranges
- 7 c Grapes
- 2 pints Strawberries – about 4c sliced
- 2 Melons, medium-size – about 7c cubed
- 2 Grapefruit

### VEGETABLES

- 3¾ c Broccoli
- 2c Mushrooms
- 2 Green bell pepper, large
- 2 Red bell pepper, medium
- 2 Cucumber, large
- 5 Tomatoes, large
- 3 heads Romaine lettuce
- 11 c Spinach (fresh)
- 3 Avocado

### BREADS/CEREALS

- 6 Whole wheat dinner roll (1oz)
- 8 Flour tortilla (8 in)
- 5 Flour tortilla (6in)

### DRESSINGS/SPREADS

- 3 oz. Pancake syrup
- 1 c Hummus

### SHELF STABLE ITEMS

- 3 cans (5 oz. ea) Canned tuna, in water
- 1 can (15 oz.) Canned beans (black)
- 1 can (15 oz.) Canned beans (pinto)
- 6½ c Brown rice, cooked
- 3½ c Canned peaches, in juice
- 1¾ c Mandarin oranges, canned
- 1 c Raisins

### SNACKS

- 6½ oz. Almonds, natural
- 2½ oz. Peanuts, unsalted
- 12 oz. Granola
- 2 oz. Sunflower seeds, unsalted

### BEVERAGES

- ½ gallon 100% apple juice
- 1 gallon 100% orange juice

### Good to know – Shopping Tip:

If you are shopping for one, look into purchasing single-serve juice containers to avoid waste, while ensuring variety. If you are preparing for a family, consider purchasing bulk sizes of shelf-stable juices to save that limited space in your refrigerator!

### FROZEN PREPARED FOODS

- 1 STOUFFER'S® Salisbury Steak (28 oz.)
- 1 STOUFFER'S® Chicken Enchiladas (30 oz.)
- 1 STOUFFER'S® Macaroni & Cheese (40 oz.)
- 1 STOUFFER'S® Baked Ziti (57 oz.)
- 2 LEAN POCKETS® Ham & Cheese, with whole grain crust (2-sandwich pack)
- 2 HOT POCKETS® Pepperoni Pizza (2-sandwich pack)
- 1 DIGIORNO® Thin Crust Cheese Pizza
- 1 DIGIORNO® Rising Crust Pepperoni Pizza

### FROZEN (other)

- 4 c Frozen yogurt
- 4 c Frozen mixed vegetables

### Good to know – Shopping Tip:

Nestlé Prepared Meals offer flexibility whether prepping for one or a family of five. If you are cooking for a family, look for multi-serve varieties that accommodate your family's size.

### OTHER

---

---

---

---

---

---

---

---

---

---

---

---

---

---