

Healthy Meals Easy on a Budget!



A 2-week healthy eating menu plan, grocery list,
and recipes on \$30.00 per week

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Kitchen Basics

Measurements

- 1 cup = 250mL = 8oz
- 1/2 cup = 125mL = 4oz
- 1/3 cup = 80 mL = 3oz
- Tsp = Teaspoon
- Tbsp = Tablespoon

Seasonings

- Seasonings are a great way to add flavour to your dishes and can be purchased in small bags at most grocery stores for \$1
- Black pepper, oregano, garlic, chili powder or even some lemon juice are some great flavours to try!
- Limit using salt as most processed foods already have salt in them

Canned Items

- Once you open a can, take out rest of the food item inside and store it in the fridge in a separate container. Don't store the can in the fridge

Pantry Items Used in Menu That Are Not On The Grocery List

- Seasonings (garlic, onion powder, chili powder, cumin, oregano, curry powder, salt, pepper)
- Vegetable oil

Kitchenware & Utensils Used In the Menu

- Measuring cups
- Small saucepan/pot
- Frying pan
- Baking dish
- Strainer/colander
- Knife

Sample Two Week Menu

Week 1

	Breakfast	Lunch	Dinner
Sun	1 cup Cereal 1 cup Milk 1 Apple	Bean Burrito Wrap	Rainbow Veggie Rice
Mon	1 Peanut Butter Sandwich ½ Cup Berries	Lentil Curry with Rice	Creamy Tuna Pasta Salad
Tues	Oatmeal 1 Cup Milk 1 Apple	Leftover Tuna Pasta Salad	Easy Omelette 2 Slices Toast
Wed	1 Cup Cereal 1 Cup Milk 1 Apple	Fiesta Pasta & Garden Salad	Leftover Bean Burrito
Thur	Oatmeal 1 Cup Milk 1 Apple	Leftover Bean Burrito	Leftover Lentil Curry with Rice
Fri	1 Cup Cereal 1 Cup Milk 1 Apple	Egg Veggie Noodles	Pita Pockets & Savoury Yogurt Dip
Sat	1 Peanut Butter Sandwich ½ Cup Berries	Leftover Fiesta Pasta & Garden Salad	Loaded Sweet Potato

See recipes on pages 8-12

Sample Two Week Menu

Week 2

	Breakfast	Lunch	Dinner
Sun	1 Cup Cereal 1 Cup Milk 1 Apple	Tuna Sandwich & Garden Salad	Pita Pockets & Savoury Yogurt Dip
Mon	1 Peanut Butter Sandwich ½ Cup Berries	Tomato and Beef Pasta	Rainbow Veggie Rice
Tues	Oatmeal 1 Cup Milk 1 Apple	Egg Sandwich & Garden Salad	Best Baked Beans & Rice
Wed	1 Cup Cereal 1 Cup Milk 1 Apple	Leftover Tomato and Beef Pasta	Leftover Baked Beans & Rice
Thur	Oatmeal 1 Cup Milk 1 Apple	Tuna Sandwich Canned Soup	Chili & Garden Salad
Fri	1 Cup Cereal 1 Cup Milk 1 Apple	Spiced Chickpeas with Rice	Leftover Chili & Garden Salad
Sat	1 Peanut Butter Sandwich ½ Cup Berries	Tomato Vegetable Soup & Toast	Leftover Spiced Chickpeas with Rice

See recipes on pages 8-12

2-Week Grocery List and Budget

Item	Amount Needed	Store Size	Package Price	Cost
Sweet Potato	1 small	-	\$1.37	\$1.37
Apple	10 apples	4lb bag	\$5.99	\$4.99
Peppers	4 medium	4 pack	\$3.99	\$3.99
Carrot	8 carrots	3 lb bag	\$2.49	\$1.24
Lettuce	1 head	-	\$1.99	\$1.99
Eggs	12 egg	12 egg	\$3.69	\$3.69
Whole Grain Bread	16 slices	1 loaf	\$1.79	\$1.79
Pita Bread	5 pita	5 pita	\$1.59	\$1.59
1% Milk	2.5 L	4 L	\$5.69	\$3.50
Plain Yogurt	500 g	750g	\$3.29	\$2.20
Ground Beef	450 g	454 g	\$5.00	\$5.00
Brown Rice	1 kg	2 kg	\$5.49	\$2.74
Oats	160 g	1 kg	\$2.69	\$0.44
Cereal (Cheerios)	162 g	570 g	\$4.29	\$1.92
Pasta	400 g	900 g	\$1.79	\$0.80
Mac and Cheese	1 box	1 box	\$1.49	\$1.49
Instant Noodles	1 pack	1 pack	\$0.33	\$0.33
Canned Soup	1 can	284 mL	\$0.79	\$0.79
Canned Lentils	1 can	540 mL	\$1.19	\$1.19
Canned Chickpeas	1 can	540 mL	\$1.19	\$1.19
Canned Beans	3 cans	540mL	\$1.19	\$3.57
Canned Tuna	2 cans	170 g	\$1.00	\$2.00
Canned Tomato	2 cans	796mL	\$1.29	\$2.58
Peanut Butter	120 g	500g	\$3.00	\$0.72
Frozen Berries	330 g	600 g	\$4.00	\$2.47
Frozen Broccoli	500 g	500 g	\$4.00	\$4.00
Frozen Spinach	300 g	300 g	\$1.89	\$1.89
2-Week Total Cost				\$59.47

Remaining Items for Snacks between Meals

- 1.5 L 1% milk
- 2 slices whole wheat bread
- 250 g plain yogurt
- Peanut butter
- 270 g berries
- 2 apples
- 8 carrots

Balanced Snack Ideas

Carbohydrate	Protein
1 Slice Whole Wheat Bread	2 Tbsp Peanut Butter
½ Cup Berries	¾ Cup Yogurt
1 Cup Sliced Carrots	Yogurt Dip
1 Cup Milk	

Sample Food Hamper Items Received from the London Food Bank:

- 1 medium cold cereal (300-525g)
- 1 canned soup (284mL)
- 1 canned vegetables (not a legume)
- 1 brown beans (398mL)
- 1 meat or fish or stew or 2 sardines
- 1 macaroni and cheese (200-250g box) or 3 easy macs
- 2 canned pastas
- 2 dry soups (individual serving of Mr. Noodles) or oatmeal packets
- 4 snacks (may include camping-size cereal boxes)
- 1 coffee or tea or hot chocolate

***Note:** Every food hamper may be slightly different, please substitute items used in menu to reduce to overall cost

Recipes & Instructions for Two Week Menu

Rainbow Veggie Rice – 1 serving

- Heat 5 mL oil in pan on medium heat. Break 2 eggs in a hot pan and mix well until they are cooked. Set them aside.
- Combine $\frac{1}{2}$ cup of rice, $\frac{1}{2}$ cup of carrots with 1 cup water in the pan.
- Boil for 10-15 minutes until there is no more water left and rice becomes fluffy.
- Add $\frac{1}{2}$ cup of frozen broccoli during the last 3 minutes to cook.
- Add the eggs back in and mix to combine. Add $\frac{1}{4}$ tsp garlic powder and other spices to your preference.



Bean Burrito Wrap – 3 servings

- Open canned beans and measure out $\frac{3}{4}$ cup for burrito.
- Heat 5mL oil in a pan on medium heat.
- Chop 1 $\frac{1}{2}$ cups of diced peppers and add to pan with 1 $\frac{1}{2}$ cups canned tomatoes, add to pan. Cook for 5 minutes.
- Add beans, $\frac{1}{2}$ tsp each garlic powder and cumin, plus other seasonings to preference. Let the mixture cook for 2-3 minutes.
- Spoon ingredients in your halved pita bread, with 1 pita per serving.



Lentil Curry with Rice – 2 servings

- Combine 1 can lentils, 1 cup diced peppers, 1 cup canned tomatoes, $\frac{1}{4}$ cup frozen spinach in pot and simmer for 10 minutes or until ingredients are heated.
- Add $\frac{1}{2}$ tsp each cumin, curry powder, garlic powder or seasonings to your preference.
- Cook 1 cup rice according to package instructions and serve.



Creamy Tuna Pasta Salad – 2 servings

- Cook 1 ½ cup pasta according to package instructions.
- Drain liquid from canned tuna.
- Combine canned tuna, cooked pasta, ¼ cup yogurt, 1 cup each chopped carrots and broccoli and mix well.
- Flavour with ½ tsp each dried dill, garlic and onion powder or your favourite seasonings.



Easy Omelette – 1 serving

- Heat 5 mL oil in a pan on medium heat
- Add ½ cup peppers and ½ cup spinach and cook for 5 minutes. Keep stirring.
- While the vegetable are cooking, break two eggs in a bowl and mix. Add the eggs to the pan, and mix well.
- Let the omelette cook until it is firm but not burnt.



Fiesta Pasta – 2 servings

- Follow instructions on box of macaroni and cheese.
- Add ½ cup of canned tomatoes (or salsa) and ¼ cup beans to pot.
- Flavour with ¼ tsp each cumin, garlic and onion powder. Mix well and serve.



Garden Salad – 1 serving

- Gently tear with your hands 1 cup lettuce. Cut ½ cup carrots into thin strips and mix with lettuce.
- Combine with your favourite seasonings or dressings and serve.



Hint: use any leftover vegetables from the other recipes!

Simple Oatmeal – 1 serving

- Follow instructions on package and add a sprinkle of cinnamon for extra flavour.

Egg Veggie Noodles – 1 serving

- Pan fry or boil 2 eggs.
- Prepare noodles according to package directions, using ½ flavour packet.
- Add ½ cup cooked broccoli and ½ cup thinly sliced carrots to noodles and serve with egg.



Veggie Pita Pockets – 1 serving

- Chop 1 cup of any vegetables of your choice (ex. Lettuce, carrots, peppers).
- Combine on 1 pita wrap with ½ cup canned beans and yogurt dip/spread or dressing of choice.

Savoury Yogurt Dip – 1 serving

- Combine ¾ cup yogurt with 1 tsp chili powder 1.2 tsp cumin, 1/8 tsp each garlic, onion powder, salt, pepper, oregano and mix well. Serve cold.



Baked Sweet Potato – 1 serving

- Pierce holes in potato skin using fork 3-4 times (to let steam escape) and cook for either 40 minutes in 425°F oven OR 5 minutes in microwave on high.

Loaded Sweet Potato – 1 serving

- Heat 5 mL oil in a pan on medium heat
- Add ½ cup peppers, ½ cup spinach and 90g lean ground beef or black beans.
- Add 1 tsp each garlic powder, chili powder, cumin or your favourite seasonings.
- Keep stirring the beef mix. Cook for 8-10 minutes until temperature is 160C. Load mixture into baked sweet potato and serve.



Tuna Sandwich – 1 serving

- Mix half a can of tuna, drained, with 2 tsp plain yogurt and ¼ tsp each garlic powder, dill, black pepper or your favourite seasonings.
- Mix well and spread on toast to make a sandwich.



Egg Salad Sandwich – 1 serving

- Boil two eggs for 10 minutes. Cool eggs under some cold water and remove their shells.
- Put eggs in a bowl and mash them with a fork.
- Add 2 tsp yogurt and ¼ tsp each garlic powder, dill, black pepper or your favourite seasonings.
- Mix well and spread on toast to make a sandwich.

Best Baked Beans and Rice – 2 servings

- Heat 5mL oil in a pan on medium heat.
- Add 1 cup peppers, 1 cup canned tomato, and 1 can drained beans and let cook for 5 minutes.
- Add 1 tsp each garlic, onion powder, chili powder or your favourite seasonings and mix well.
- Cook 1 cup rice according to package instructions and serve with beans.



Tomato and Beef Pasta – 2 servings

- Cook 1 cup pasta according to package instructions.
- Heat 5 mL oil in a pan on medium heat.
- Add ½ cup diced carrots, ½ cup diced peppers, and 180 g lean ground beef to the pan and heat, stirring for around 10 minutes until the meat is cooked.
- Add 1 cup canned tomato and 1 tsp each garlic, onion powder, and oregano.
- Add the cooked, drained pasta to sauce and serve.



Chili – 2 servings

- Heat 5mL oil in a pan on medium heat.
- Add 180 g lean ground beef and heat until cooked about 10 minutes. Add 1 cup diced peppers, 1 ½ cups canned tomatoes, 1 cup beans and mix well.
- Season with 1 tbsp chili powder, 1 tsp each garlic, onion powder, and black pepper.
- Simmer for 30 mins and then serve.



Spiced Chickpeas with Broccoli – 2 servings

- Heat 5mL oil in a pan on medium heat.
- Add 1 can chickpeas, 1 cup broccoli, 1 cup carrots, and 1 cup canned tomatoes in and simmer for 10 minutes or until ingredients are heated.
- Add ½ tsp each cumin, curry powder, garlic powder or seasonings to your preference.
- Cook 1 cup rice according to package instructions and serve.



Tomato Vegetable Soup – 1 serving

- Heat 5mL oil in a pan on medium heat.
- Add 1 cup leftover veggies from the other recipes, ½ cup leftover canned tomatoes, and any leftover beans or rice.
- Stir in ½ tsp each garlic, onion powder, oregano and 1 cup water (or vegetable broth). Stir together and cook until all ingredients are heated through. Serve with toast.



Saving Tips when Healthy Eating!

Plan, Plan, Plan

- Set aside some time to plan your meals for the coming week
- Try to use the foods you already have in your home
- Using the menu plan, create your grocery list
- Set aside time to cook and prepare food in your schedule
- Bring food from home when you go to work, school or other activities to save money
- By making lunches or snack the night before you can quickly get out the door in the morning

At the Grocery Store

- Use flyers to see where the best prices for your grocery items are
- Check for coupons by the store-front
- Buy only what you need on your grocery list
- Store brand items are generally the best price
- Look on price tags for the 'unit price' to compare prices between items
- Don't buy convenience packs or pre-cut fresh items as they are often the most expensive
- Don't buy fresh items in bulk unless you are sure that you will use all of it before it goes to waste

Vegetables & Fruits

- Buy produce in-season and freeze your left-over's
- Buy at a local farmer's/ flea market for the best deal
- Frozen fruit can be cheaper and just as nutritious
- Buying a pre-packaged produce may be cheaper than individuals (i.e. 2-3lb bags of apples/carrots)

Grain Products

- Purchase whole-grain breads on sale, and freeze to keep fresh

Milk & Alternative

- Buying larger quantities of milk and yogurt is generally less expensive
- Try powdered skim milk (4tbsps = 1 cup milk)

Meat & Alternatives

- Lower-cost and heart-healthy proteins include canned tuna, 100% all-natural peanut butter, firm tofu, and dry or canned legumes (such as lentils, chickpeas, canned beans)

Community Resources

Community Gardens

- Learn how to grow your own food, get cooking lessons and more! Visit www.lcrc.ca for more information

Community Kitchens/ Food Banks

- For a list of places that serve free meals, visit: <https://www.informationlondon.ca/Services/List/10575>
- For a list of food banks and meal calendars in the London area, visit: https://informationlondon.ca/31/Meal_Calendar_Food_Bank_List

Community Fridge and pantry

- Open 24/7, seven days a week at St. John the Divine Catholic church at 390 Baseline Rd. W. where a food bank and community dinner are also run.

