QUICK AND EASY MEALS ON A BUDGET

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WHO ARE WE?

- University of Kentucky Health and Wellness
  - Marilyn Campbell
  - Karen McKees
WHAT IS A HEALTHY MEAL ANYWAY?

- General
  - Balanced/variety
  - Fruits and vegetables
  - Whole grains
  - Lean protein
  - Low-fat dairy
MORE FROM MYPLATE

- How many calories should you be eating?
  - Portion sizes
- Lower sodium, fat, and sugar intake
- Be physically active!
- Make it fun!
SAVING MONEY

❖ Before you shop:
  • Make a list of what you need
  • Plan meals for the week
    ❖ Meatless dishes?
  • Use store ads to help plan menu (sale items)
  • Use coupons
  • Think seasonally
  • Set a grocery budget
  • Plant your own garden
SAVING MONEY

Shopping Basics

- Shop once a week
- Don’t go down every aisle
- Don’t shop when hungry
- Buying in bulk
- Compare prices (store to store, within store)
- Go generic
- Check unit prices (bigger not always cheaper)
- Know how much you generally pay for staple items
SAVING MONEY

Shopping Specifics

- Shop at Farmer’s market
- Add in frozen and canned fruit and vegetables
- Include canned salmon and tuna
- To get meat markdowns, show up early at the grocery store
- Avoid pre-packaged mixes and pre-packaged salads
- Know how grocery stores market
AFFORDABLE STAPLES

- Fruits and vegetables
  - Frozen vegetables
  - Frozen fruit
  - Raisins
  - Sweet potatoes
  - Bananas, melons, oranges, apples
  - Carrots, celery, onions, broccoli
  - Canned fruit and vegetables

- Dairy and meats
  - Skim milk
  - Yogurt
  - Cottage cheese
  - Eggs
  - Canned tuna and salmon
AFFORDABLE STAPLES

- Grains
  - Brown rice
  - Oatmeal
  - Whole grain pasta
  - Whole grain bread
  - Grits
  - Barley

- Other
  - Olive oil
  - Popcorn
  - Legumes
    - Lentils
    - Black beans
    - Navy beans
    - White beans
    - Garbanzo beans
SAVING TIME

- Planning for the week
  - One trip to grocery store
- Preparing menu ahead of time- once/week
- Use leftovers and “recycle” meals
- Make use of down time
- Invest in equipment that makes life easier
- Use quick cooking methods (stir-fry, grill, steam, microwave, pan-fry)
- Make no-cook meals
SAVING TIME

- Keep an on-going grocery list
- Keep a “pantry staples” list
- Keep a “meal library”
- Buy partly prepared foods (roasted chicken, cooked rice, jarred sauces, etc.)
- Thaw or marinade ahead of time
- Preparing protein portion of the meal ahead of time
- Crockpot meals
- Make a large amount and freeze
BREAKFAST IDEAS

- Eggs
- Omelets
- Whole grain breads
- Turkey bacon
- Fresh fruit
- Oatmeal

- Low-fat or Greek yogurt
- Healthy cereals
- Nuts
- Dried fruit
- Nut butters
- Smoothies
LUNCH/DINNER IDEAS

- Salads
- Sandwiches
- Grilled meat
- Soups
- Stir fry
- Whole grain pasta
- Pita pockets with homemade hummus, chicken, and fillers
- Fish
- Potato bar
DESSERT IDEAS

- Smoothies
- Puddings
- Strawberry shortcake
- Frozen yogurt
- Parfaits
- No bake cookies
- Angel food cake

- Cooked fruit
- Lite mousse
- Homemade popsicles
SNACK IDEAS

- Salsa
- Nuts
- Nut butters
- Fruits and vegetables
- Homemade hummus
- Yogurt
- Low-fat dairy products

- Beef jerky
- Homemade popcorn (low sodium and butter)
GOOD RESOURCES

- [www.foodnetwork.com/healthy-eating/](http://www.foodnetwork.com/healthy-eating/)
- [www.allrecipes.com/recipes/healthy-recipes/](http://www.allrecipes.com/recipes/healthy-recipes/)
- [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Recipes_UCM_001184_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Recipes_UCM_001184_SubHomePage.jsp)
OTHER THINGS GOING ON WITH WELLNESS

- **Lunch and Learns**
  - Another “Quick and Healthy Meals on a Budget” on October 30th
  - November 12th: topic TBD

- **“Keep it off challenge”**
  - Keep off the holiday pounds by signing up for our challenge beginning November 21st

- **Nutrition consults and exercise prescriptions**
  - Available by appointment
**Pumpkin soup:**
Serves 4  
Total time: 20 minutes  
Calories per serving: 73  
Source: Weinstock Nutrition

**Ingredients**
- 3/4 cup water, divided  
- 1 small onion, chopped  
- 1 can (15 ounces) pumpkin puree  
- 2 cups unsalted vegetable broth  
- 1/2 teaspoon ground cinnamon  
- 1/4 teaspoon ground nutmeg  
- 1 cup fat-free milk  
- 1/8 teaspoon black pepper  
- 1 green onion top, chopped

**Directions**
1. In a large saucepan, heat 1/4 cup water over medium heat. Add onion and cook until tender, about 3 minutes. Don't let onion dry out.  
2. Add remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.  
3. Ladle soup into warmed bowls and garnish with black pepper and green onion tops. Serve immediately.

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**Greek Omelet:**
Serves 2  
Total time: 20 minutes  
Calories per serving: 267  
Source: Eating Well

**Ingredients**
- 1/4 cup cooked spinach  
- 4 large eggs  
- 1/2 cup crumbled feta cheese, (2 ounces)  
- 2 scallions, thinly sliced  
- 2 tablespoons chopped fresh dill  
- Freshly ground pepper, to taste  
- 2 teaspoons extra-virgin olive oil

**Directions**
1. Squeeze spinach to remove any excess water. Blend eggs with a fork in a medium bowl. Add feta, scallions, dill, pepper and the spinach; mix gently with a rubber spatula.  
2. Set a rack about 4 inches from the heat source; preheat the broiler.  
3. Heat oil in a 10-inch nonstick skillet over medium heat. Pour in the egg mixture and tilt to distribute evenly. Reduce the heat to medium-low and cook until the bottom is light golden, lifting the edges to allow uncooked egg to flow underneath, 3 to 4 minutes. Place the pan under the broiler and cook until the top is set, 1 1/2 to 2 1/2 minutes. Slide the omelet onto a platter and cut into wedges.
**Skillet chicken with cranberries and apples**
Serves 4  
Total time: 20 minutes  
Calories per serving: 287  
Source: Eating Well

**Ingredients**
- 1 pound chicken tenders, trimmed and cut in half on the diagonal
- 3/4 teaspoon dried thyme, divided
- 3/4 teaspoon salt, divided
- 1/4 teaspoon freshly ground pepper
- 2 tablespoons canola oil, divided
- 2 crisp red apples, such as Braeburn, Fuji or Gala, thinly sliced
- 1 large red onion, quartered and sliced
- 3/4 cup apple cider or apple juice, divided
- 1 cup cranberries, fresh or frozen (thawed)
- 1 tablespoon all-purpose flour

**Directions**
1. Sprinkle both sides of chicken tenders with 1/4 teaspoon each thyme, salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Reduce heat to medium and add the chicken. Cook, stirring, until lightly browned on all sides, 3 to 4 minutes total. Transfer to a clean plate.
2. Add the remaining 1 tablespoon oil to the pan. Add apples, onion, 2 tablespoons cider (or juice) and the remaining 1/2 teaspoon each thyme and salt. Stir to combine. Cook, stirring often, until the apples and onion are softened, 3 to 4 minutes. Add cranberries and sprinkle flour over everything in the pan; cook, stirring, for 1 minute. Return the chicken to the pan and pour in the remaining cider (or juice). Cover and cook, stirring once or twice, until the sauce has thickened and the chicken is cooked through, about 3 minutes more.

**Southwestern Corn & Black Bean Salad**
Serves 4  
Total time: 25 minutes  
Calories per serving: 410  
Source: Eating Well

**Ingredients**
- 3 large ears of corn, husked
- 1/3 cup pine nuts
- 1/4 cup lime juice
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh cilantro
- 1/2 teaspoon salt
- Freshly ground pepper, to taste
- 2 15-ounce cans black beans, rinsed
- 2 cups shredded red cabbage, (see Tip)
- 1 large tomato, diced
- 1/2 cup minced red onion

**Directions**
1. Bring 1 inch of water to a boil in a Dutch oven. Add corn, cover and cook until just tender, about 3 minutes. When cool enough to handle, cut the kernels from the cobs using a sharp knife.
2. Meanwhile, place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
3. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.