FN1385 (Reviewed Nov. 2026)



Now You're Cookin'!

Tasty, Healthful Meals on a Budget

Week 3: Cost-saving Tips, Menus and Recipes

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Shop $mart! Which of these cost-saving ideas do you use?

- ❑ I avoid grocery shopping when I am tired. (When you are tired, you may be more likely to purchase convenience items and make poor food choices.)
- ❑ I shop alone* and/or go only once a week.
- ❑ I have a snack before going grocery shopping to prevent impulse buys.
- ❑ I compare the unit prices for the same product from different brands to determine the best size and brand for the money. (Unit prices are the small labels on the front edge of the shelves in the grocery store.)
- ❑ I avoid buying nonfood items at the grocery store. Unless they're on sale, the prices of soaps, shampoos and paper products can be inflated.
- ❑ I stay alert for checkout counter mistakes. Look carefully at your receipt to make sure you get the sale price on sale items. Check your change, too!

*If you are not able to shop alone, have your family members help you. Assign them different tasks, such as price checking or getting hard-to-reach items on the bottom shelves. This may distract them from checking out the tempting candy, cookie and toy aisles, and they can learn to become smart shoppers, too.

You may have established a weekly menu and shopping list, but now you need the food. Going to the grocery store to buy food for your family may be something you do not look forward to doing. Decreasing the amount of time and money you spend there may help change that.

This is the third in a series of publications to help you eat well but spend less at the grocery store. It includes information about smart grocery shopping strategies, along with sample menus and recipes that you can adapt to meet your family's tastes.

Add More Fruits and Vegetables to Your Menu

Fruits and vegetables add color to your plate and nutrition to your menus. Unfortunately, many children and adults fall short of the amount recommended for them.

Fruits and vegetables provide a wide range of essential vitamins, minerals and fiber. They are naturally low in calories. Eating more fruits and vegetables can help with weight management and can help reduce your risk of cancer and heart disease.

Affording More Fruits and Vegetables

- Compare prices. Consider all the forms of fruits and vegetables that are available: canned, fresh, frozen and dried. Buy the forms that best fit your storage options, lifestyle and budget.
- Buy fresh fruits and vegetables in season when they are at their highest quality and best price.
- Choose fruits without added sugar or syrup and vegetables without added salt, butter or cream sauces. Compare Nutrition Facts labels for sodium and fat content.
- Use fresh produce first so it does not spoil. Then use canned or frozen fruits and vegetables until the next shopping trip.

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What's Your Healthy Plate Plan?

Each person has different needs based on gender, age and level of physical activity. Learn what each of your family members needs at their particular calorie levels by checking out the Daily Servings Guide at https://cdn.realfood.gov/Daily%20Serving%20Sizes.pdf.

- Protein Foods: Animal- and plant-based protein foods, including meat, poultry, eggs, seafood, beans, peas, lentils, legumes, nuts, seeds and soy.
- Dairy: Whole, reduced-fat, low-fat or nonfat dairy products, including fluid, dry or evaporated milk; yogurt; and cheeses. Lactose-free and lactose-reduced products, as well as fortified dairy alternatives, are also options.
- Vegetables: Vegetables of all types — dark green; red and orange; beans, peas, lentils and legumes; starchy; and other vegetables, including fresh, frozen, canned, cooked or raw.
- Fruits: Fruits of all types, including fresh, frozen, canned, juiced and dried.
- Whole Grains: All whole-grain foods and products made with whole grains as ingredients.

Healthy Plate Serving Size Examples

Grain serving examples:	1 slice whole-wheat bread 1/2 cup cooked oats 1/2 cup cooked brown rice 1/2 cup cooked quinoa
Vegetable serving examples:	1 cup raw or cooked vegetables 2 cups raw, leafy greens
Fruit serving examples:	1 cup raw fruit 1/4 cup dried fruit
Dairy serving examples:	1 cup milk 3/4 cup yogurt 1 ounce hard cheese (such as cheddar, mozzarella, Swiss, Parmesan) 1 cup calcium-fortified soymilk
Protein serving examples:	3 ounces cooked meat, poultry, or seafood 1 egg 3 ounces soy protein (tofu, seitan, tempeh) 1/2 cup cooked beans or lentils 2 tablespoons peanut butter 1 ounce nuts or seeds

Size up your portions with these visual clues. As shown, one-half of a baseball is the same size as ½ cup mashed potatoes.

½ baseball	=	½ cup of mashed potatoes
large egg or golf ball	=	¼ cup of dried cranberries
ping-pong ball	=	2 tablespoons of peanut butter
checkbook	=	3 ounces of fish
card deck	=	3 ounces of meat or poultry
four dice	=	1½ ounces of natural cheese (cheddar, Swiss)
thumb tip	=	1 teaspoon of margarine or butter

Example:

Healthy Plate Plan and three-day menu plan for an 8-year-old female who is 4'3 and 57 pounds that gets 30-60 minutes of physical activity per day*



MyHealthy Plate Plan*

Grains	2-4 servings
Vegetables	3 servings
Fruit	2 servings
Dairy	3 servings
Protein Foods	3-4 servings

Three-day Menu Plan for an 8-year-old Female*

	Meal 1	Meal 2	Meal 3	Snack
Day 1	1 scrambled egg Cinnamon toast (1 slice toasted whole-wheat bread, 1 tsp. soft margarine, 1 tsp. sugar and cinnamon mixture) ½ grapefruit 1 c. nonfat milk	¾ cup macaroni and cheese ½ c. green beans 1 slice whole-wheat bread 1 tsp. soft margarine 1 c. nonfat milk	3 oz. meatloaf ½ c. steamed peas and carrots 1 baked potato 2 Tbsp. low-fat sour cream 1 small baked apple 1 c. nonfat milk	1 Peanut Butter Freezer Bar*
Day 2	1 c. cereal with raisins ½ toasted English muffin with jam ½ c. orange juice 1 c. nonfat milk	2 slices whole-wheat bread 2 Tbsp. peanut butter 1 medium banana 9 baby carrots 1 c. nonfat milk	¾ c. Turkey Temptation* ½ c. cooked rice ½ c. corn ¾ c. Waldorf Salad* 1 c. nonfat milk	2 c. popcorn
Day 3	¾ cup cooked oatmeal 1 tsp. cinnamon and sugar mixture ½ c. orange slices 1 c. nonfat milk	Tuna Salad Sandwich* (2 slices whole-wheat bread, ¼ c. tuna salad) ½ c. Coleslaw* 1 c. nonfat milk	1 c. Spinach Lasagna* 1 slice garlic bread 1 c. tossed salad 1 Tbsp. low-fat ranch dressing ½ c. applesauce 1 c. nonfat milk	1 medium banana

* indicates recipe is included in this publication

Store Food Safely

To prevent wasting food, protect the food you buy. Use care, cleanliness and common sense when storing food.

- Always read the label to see where the food item should be stored. For example, labels on items that must be kept cold will say "keep refrigerated" or "refrigerate after opening."
- Put food items that spoil easily in the refrigerator or freezer as soon as you return from the store. Check to make sure your refrigerator keeps food below 40 F.
- Label food products with the date of purchase and arrange them in a "first in, first out" manner.
- Do not store food in a cabinet near chemicals (such as detergents or bleach) or directly below the kitchen sink or any cabinets that gets too wet or too warm.

Week 3

Weekly Meal Planner (* indicates recipe is included)

	Meal 1	Meal 2	Meal 3	Snack
Day 1	Scrambled egg Cinnamon toast Grapefruit Nonfat milk	Macaroni and cheese (box) Green beans Whole-wheat bread Nonfat milk	Meatloaf Peas and carrots Baked potato Baked apple Nonfat milk	Peanut Butter Freezer Bar*
Day 2	Cereal with raisins English muffin Orange juice Nonfat milk	Peanut butter and banana sandwich Baby carrots Nonfat milk	Turkey Temptation* Rice Corn Waldorf Salad* Nonfat milk	Popcorn
Day 3	Oatmeal with cinnamon and sugar Orange slices Nonfat milk	Tuna Salad Sandwich* Coleslaw* Nonfat milk	Spinach Lasagna* Garlic bread Tossed salad Applesauce Nonfat milk	Banana
Day 4	Cream of wheat with milk Whole-wheat toast Grapefruit Nonfat milk	Spinach Lasagna* (planned-over) Garlic bread Carrot sticks Nonfat milk	Crispy Baked Chicken* Long-grain wild rice (box) Baked yellow squash Nonfat milk	Peaches
Day 5	Cereal with milk Toasted bagel half with jam Orange juice	Turkey (or Chicken) Vegetable Soup* Crackers Carrot and celery sticks Bread Nonfat milk	Bean and Sausage Stew* Mixed greens salad Cornbread* Nonfat milk	Yogurt with fruit
Day 6	Oatmeal with raisins Orange juice Nonfat milk	Egg Salad Sandwich* Sweet and Sour Cucumbers* Nonfat milk	White Chili* Crackers Carrot sticks Nonfat milk	Apple sauce and graham cracker
Day 7	Pancakes with "lite" syrup Orange juice Nonfat milk	Tomato soup (canned) Toasted cheese sandwich Celery sticks Nonfat milk	Stir-fry Chicken and Vegetables* Rice Sweet and Sour Cucumbers* (planned-over) Nonfat milk	Apple slices with Peanut Butter Dip*

Menus adapted from publications by Cynthia Gardner, former NDSU Student Dietitian, and Suzanne Fundingsland, former Nutrition Specialist, NDSU

Week 3 Recipes

Key to Abbreviations

tsp. = teaspoon
Tbsp. = tablespoon
c. = cup
oz. = ounce
pkg. = package
g = grams
mg = milligrams
lb. = pound

Bean and Sausage Stew

Equipment you will need
- measuring cup
- sharp knife
- measuring spoon
- large pan
- cutting board
- mixing spoon
- can opener

Ingredients

½ lb. Polish or German sausage
1 large onion, sliced
1 c. sliced celery
2 c. sliced, peeled carrots
1 (15 to 16 oz.) can Great Northern beans with liquid
1 (15 to 16 oz.) can red beans with liquid
2 c. water

Slice sausage into ¼-inch-thick rounds and fry until brown. Add onion to sausage and brown. Drain fat. In a large pan, combine sausage and onions with rest of ingredients. Cover and simmer 45 to 60 minutes.

Serves eight. Per serving: 190 calories, 6 g fat, 11 g protein, 26 g carbohydrate, 6 g fiber and 720 mg sodium.

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Peanut Butter Freezer Bars

Equipment you will need
- measuring cups
- mixing spoon
- mixing bowl
- covered plastic or glass dish

Ingredients

1½ c. milk
½ c. peanut butter
1 pkg. (4-serving size) instant chocolate pudding
12 graham crackers

Mix milk and peanut butter together in a mixing bowl. Add pudding to peanut butter/milk mixture. Stir mixture until smooth. Spread a thick layer of pudding on a graham cracker. Top with another graham cracker. Put crackers into a covered dish. Place dish in freezer.

Serves six. Per serving: 340 calories, 14 g fat, 9 g protein, 4 g carbohydrate, 1 g fiber and 320 mg sodium.

Stir-fry Chicken and Vegetables

Equipment you will need
- measuring cup
- measuring spoon
- cutting board
- can opener
- sharp knife
- frying pan
- mixing spoon

Ingredients

1 chicken breast, boned, skinned and cut in thin strips
2 Tbsp. vegetable oil
1 c. thinly sliced carrots
1 c. thinly sliced celery
2 c. shredded cabbage
1 Tbsp. soy sauce
2 c. chicken broth
2 Tbsp. cornstarch

Heat oil in a large frying pan. Stir-fry chicken quickly until lightly brown. Add vegetables, broth and soy sauce. Bring to a boil. Cover and cook for 5 minutes over low heat or until vegetables are crisp-tender. Blend cornstarch and ¼ cup cold water. Add to chicken mixture. Cook until the mixture thickens and bubbles. Stir the mixture constantly while it is cooking. Serve over hot cooked rice.

Serves four. Per serving: 180 calories, 9 g fat, 13 g protein, 11 g carbohydrate, 2 g fiber and 1160 mg sodium.

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Turkey Temptation

Equipment you will need
- measuring cup
- measuring spoon
- bowl
- mixing spoon
- frying pan
- baking dish

Ingredients

1 lb. ground turkey
⅓ c. large bread crumbs
1 egg
1 Tbsp. oil
1 can cream of chicken soup
2 Tbsp. milk

Preheat oven to 350 F. Mix together turkey, bread crumbs and egg in a bowl. Shape mixture into meatballs. Make about 30 balls. Heat oil in a frying pan. Lightly brown meatballs in the heated oil. Put the meatballs in a baking dish. Drain leftover fat from the frying pan. Add soup and milk to frying pan. Heat and stir until smooth. Pour sauce over turkey meatballs in baking dish. Cover and bake for 35 minutes, or cook over low heat on stovetop.

Serves six. Per serving: 180 calories, 9 g fat, 18 g protein, 8 g carbohydrate, 0 g fiber and 280 mg sodium.

Note: If dish is microwave safe, microwave covered dish for 10 to 12 minutes at 50% power, turning 1 or 2 times. Let stand 5 minutes before serving.

White Chili

Ingredients

1 medium onion, chopped
1 (4 oz.) can chopped green chilies
2 (16 oz.) cans Great Northern beans
3 tsp. ground cumin
3 c. cooked chicken or turkey, diced
2 (14 oz.) cans reduced-sodium chicken broth
2 c. Monterey Jack cheese or other cheese of choice
Cheese, chips, sour cream and salsa (optional)

Equipment you will need
- large pot
- can opener
- measuring cup
- mixing spoon
- knife
- cutting board

Combine 3 cups of broth, onion, chilies, beans and cumin. Simmer for 1 hour. Add 1 to 1 ½ cups cheese and chicken. Cook until chili is thick and add additional broth as needed. Top with shredded cheese, nacho chips, sour cream and salsa if desired.

Serves 12. Per serving: 220 calories, 6 g fat, 25 g protein, 14 g carbohydrate, 5 g fiber and 410 mg sodium.



Spinach Lasagna

Ingredients

½ lb. ground beef
1 tsp. garlic powder
1 c. tomato sauce
2½ c. canned tomatoes
¼ tsp. pepper
½ lb. lasagna noodles
¼ lb. sliced mozzarella cheese
¾ lb. low-fat cottage cheese
½ c. Parmesan cheese
1 (10 oz.) package spinach, thawed and drained water

Equipment you will need
- frying pan
- measuring cups
- measuring spoons
- mixing spoon
- can opener
- baking dish
- foil

Preheat oven to 350 F. Brown beef in a frying pan. Drain fat. Add garlic powder to browned beef and mix well. Add tomato sauce, tomatoes and pepper to frying pan. Cover and cook on low heat for 15 to 20 minutes. Mixture should boil gently. Layer half of the uncooked noodles, mozzarella, cottage cheese, tomato/meat sauce, spinach and grated Parmesan cheese in baking dish. Repeat with other half. Start with a layer of noodles. Cover top of lasagna with a layer of sauce. Sprinkle with Parmesan cheese. Measure 2 cups water and add to lasagna. Cover tightly with foil. Bake for 1 hour and 15 minutes.

Serves eight.* Per serving: 370 calories, 13 g fat, 29 g protein, 31 g carbohydrate, 2 g fiber and 820 mg sodium.

**Quick Tip:* You can freeze the leftovers in single-serving containers for a quick lunch.

Turkey (or Chicken) Vegetable Soup

Ingredients

2 c. cooked turkey or chicken
2-3 chicken bouillon cubes
4 c. water
1 (10 oz.) package frozen mixed vegetables*
1 potato, peeled and cubed
1 (8 oz.) can tomato sauce

Equipment you will need
- large covered pan
- stirring spoon
- sharp knife
- cutting board
- can opener

Mix all ingredients in a large pan. Cover, bring to a boil and cook until potatoes are done (15 to 20 minutes). Serve with crackers.

*You can substitute leftover vegetables of choice.

Serves six. Per serving: 190 calories, 2.5 g fat, 17 g protein, 21 g carbohydrate, 2 g fiber and 960 mg sodium.



Peanut Butter Dip

Ingredients

½ c. vanilla yogurt
2 Tbsp. peanut butter
1 Tbsp. orange juice

Equipment you will need
- measuring spoons
- measuring cup
- small mixing bowl
- mixing spoon

Mix ingredients together in a small bowl. Use as a dip for fruit.

Serves four. Per serving: 80 calories, 4.5 g fat, 3 g protein, 7 g carbohydrate, 1 g fiber and 55 mg sodium.

Quick Tip: Make half your grains choices whole grains. Enjoy sandwiches made with whole-grain bread, such as whole wheat, more often.



Tuna Salad Sandwich

Ingredients

1 (7 oz.) can tuna
1 stalk celery, chopped
¼ c. mayonnaise*
8 slices bread

Equipment you will need
- cutting board
- can opener
- small sharp knife
- small bowl
- measuring cup
- mixing spoon

Open tuna can and drain tuna. Put tuna in small bowl. Wash and chop celery on cutting board. Measure ¼ cup mayonnaise. Add celery and mayonnaise to tuna in bowl. Mix well. Place 4 slices of bread on cutting board. Put one-fourth of tuna mix on each slice. Spread tuna over bread and put another slice of bread on top. Cut sandwiches in half and serve.

Serves four. Per serving: 190 calories, 2 g fat, 16 g protein, 30 mg carbohydrate, 0 g fiber and 450 mg sodium.

*To cut calories and fat, use nonfat or low-fat mayonnaise, or use half nonfat yogurt.

Sweet and Sour Cucumbers

Ingredients

2 cucumbers
2 Tbsp. vinegar
1 tsp. salt
2 Tbsp. sugar

Equipment you will need
- fork
- sharp knife
- cutting board
- measuring spoons
- bowl

Wash cucumbers. Score cucumbers with the tines of a fork. Thinly slice. Put sliced cucumbers into a bowl and add salt. Let stand in fridge for 20 minutes. Drain off water. Add vinegar and sugar to cucumbers. Chill before serving.

Serves four. Per serving: 30 calories, 0 g fat, 1 g protein, 7 g carbohydrate, 1 g fiber and 580 mg sodium.

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Waldorf Salad

Ingredients

1 c. celery, diced
2 apples, diced
½ c. walnuts, chopped (if you like)
½ c. low-fat vanilla yogurt
1 tsp. sugar (if you like)
1 tsp. lemon juice

Equipment you will need
- sharp knife
- cutting board
- 2 mixing bowls
- measuring cups
- measuring spoons
- mixing spoons

Mix celery, apples and walnuts in a mixing bowl. In the other mixing bowl, mix yogurt, lemon juice and sugar. Add to the celery and apple mixture and mix well. Chill before serving.

Serves six. Per serving: 110 calories, 7 g fat, 3 g protein, 12 g carbohydrate, 2 g fiber and 30 mg sodium.

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Egg Salad Sandwich

Ingredients

4 hard-cooked eggs
1 stalk celery, chopped
¼ c. mayonnaise*
8 slices bread

Equipment you will need
- small pan
- measuring cup
- small bowl
- mixing spoon
- small sharp knife
- cutting board

Put eggs in pan. Cover with cold water. Put pan on the stove and heat until the water starts to boil. Take pan of eggs off the stove, cover the pan and let it stand for 15 minutes. Wash and chop the celery and put in small bowl. When eggs have stood for 15 minutes, pour cold water over them. Take out of water and peel the eggs. Cut eggs on cutting board and put in bowl. Measure and add mayonnaise and mix well. Place 4 slices of bread on cutting board. Put one-fourth of egg mix on each slice. Spread egg mix over bread and put another slice on top. Cut sandwiches in half and serve.

Serves four. Per serving: 220 calories, 7 g fat, 12 g protein, 30 g carbohydrate, 0 g fiber and 390 mg sodium.

Crispy Baked Chicken

Ingredients

1 c. cornflakes, crushed
1 c. skim milk
1 frying chicken (2½ to 3 lb.) cut into serving pieces, skin removed
1 tsp. oil (for oiling pan)

Equipment you will need
- measuring cup
- measuring spoon
- rolling pin or glass
- tongs or forks
- bowl
- baking pan
- plastic bag

Preheat oven to 400 F. Measure cornflakes into a plastic bag. Close. Crush cornflakes with rolling pin or glass. Rinse the chicken pieces and pat dry. Pour the skim milk into a bowl. Dip each piece of chicken in milk and then shake in bag of cornflake crumbs. Let stand briefly until coating sticks. Oil pan. Place coated chicken pieces in oiled pan. Pieces should not touch each other. Bake for 45 minutes.

Serves four. Per serving: 340 calories, 8 g fat, 53 g protein, 10 g carbohydrate, 0 g fiber and 200 mg sodium.

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Coleslaw

½ head cabbage
1 carrot, peeled and grated
½ c. mayonnaise
1 Tbsp. milk
1 Tbsp. vinegar
1 Tbsp. sugar

Equipment you will need
- cutting board
- sharp knife
- mixing bowl
- mixing spoon
- grater

Chop cabbage and grate carrot. In bowl, mix other ingredients. Add cabbage and carrot and mix well. Chill until ready to serve.

Serves eight. Per serving: 120 calories, 10 g fat, 1 g protein, 5 g carbohydrate, 1 g fiber and 100 mg sodium.

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Cornbread

Ingredients

1 c. cornmeal
1 c. all-purpose flour
1 tsp. salt
1 tsp. baking powder
¼ c. sugar
2 eggs
¼ c. vegetable oil
1 c. milk

Equipment you will need
- 8-inch by 8-inch baking pan
- mixing bowl
- measuring cups
- measuring spoons
- mixing spoon

Butter baking pan and set aside. Preheat oven to 425 F. Mix dry ingredients together in a bowl. Add the rest of the ingredients and mix well. Pour cornbread batter into baking pan. Bake for 20 minutes until golden brown. Serve hot.

Serves six. Per serving: 280 calories, 11 g fat, 7 g protein, 39 g carbohydrate, 1 g fiber and 530 mg sodium.

A "Grocery List" of cost-savings ideas

Check the following if you use the tip or plan to use it.

Currently use	Plan to use	Not applicable	
❑	❑	❑	**Spend about 30 minutes planning your weekly menus.** Use the sale ads and write a shopping list. Keep the list in a handy spot.
❑	❑	❑	**Avoid shopping when you're hungry or tired.** Almost everything looks tasty when you're hungry. If you're tired, you may be likely to grab convenience foods, which cost more and often are less nutritious.
❑	❑	❑	**Avoid using a credit card for food purchases unless you intend to pay off the balance each month.** You may end up adding credit card interest rates onto the food cost.
❑	❑	❑	**Shop in one or two stores. Consider your gas, too.** If you drive to several stores for special deals, it may not be a "deal."
❑	❑	❑	**Be familiar with the store layout.** Only go down the aisles that include items on your list.
❑	❑	❑	**For quick shopping trips, shop the perimeter of the store.** Most staples, such as milk, fresh produce and bread, are around the perimeter.
❑	❑	❑	**Compare store brands with national brands and choose the one with the lower price.** Most store brands are similar in quality to name brands, but lower in price.
❑	❑	❑	**Clip coupons, but only for the things you need.** Some stores double the value of coupons to a certain point.
❑	❑	❑	**Compare price using "unit prices."** The unit pricing on the front edge of shelving helps you know quickly whether the regular-priced super-sized package is a better deal than the sale-priced regular-sized package.
❑	❑	❑	**Check your receipt and change.** Although mistakes are not intentional, they can happen. Look carefully at your receipt to be sure you received the sale price.

Eat Smart. Play Hard. Together

- For more information about food safety and nutrition, contact your county office of NDSU Extension.
- Visit the NDSU Extension website at www.ag.ndsu.edu/food

My Goal

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Date _____

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