



Simple Recipe Cards

– BREAKFAST & DINNER –



Breakfast Recipes

Overnight Oats

Servings: 1

Prep time: 5 min / Refrigeration: Overnight

INGREDIENTS	DIRECTIONS
<p>½ cup rolled oats</p> <p>½ cup milk or yogurt</p> <p>1 tsp honey (optional)</p> <p>¼ cup fruit (fresh, frozen, or canned)</p>	<p>1. Combine oats, milk, and sweetener in a jar.</p> <p>2. Add fruit, stir, cover, and refrigerate overnight.</p> <p>3. Enjoy cold or warm in the morning.</p>
TIPS & SAVINGS	COST
<p>Use store-brand oats and frozen fruit to cut costs.</p>	<p>≈ \$0.60 per serving</p>

Egg Muffin Cups

Servings: 3

Prep Time: 10 min / Cook Time: 18 min

INGREDIENTS	DIRECTIONS
<p>6 eggs</p> <p>½ cup chopped veggies</p> <p>¼ cup shredded cheese</p> <p>Salt and pepper</p>	<p>1. Preheat oven to 350°F.</p> <p>2. Whisk eggs with veggies and cheese.</p> <p>3. Pour into greased muffin tin (¾ full).</p> <p>4. Bake 15–18 minutes.</p>
TIPS & SAVINGS	COST
<p>Freeze extras and reheat for a quick breakfast.</p>	<p>≈ \$0.75 per 2-muffin serving</p>



Banana Oat Pancakes

Servings: 3

Prep Time: 5 min / Cook Time: 10 min

INGREDIENTS	DIRECTIONS
2 ripe bananas 2 eggs 1 cup oats	1. Blend until smooth 2. Cook on a greased skillet 2–3 min per side
TIPS & SAVINGS	COST
Freeze leftovers and toast for busy mornings.	≈ \$0.40 each

Peanut Butter Toast with Apple Slices

Servings: 1

INGREDIENTS	DIRECTIONS
Bread Peanut butter Apples	Toast bread, spread peanut butter, top with apple slices.
TIPS & SAVINGS	COST
Buy bagged apples to save money.	≈ \$0.70



Breakfast Rice Bowl

Servings: 2

Prep Time: 5 min Cook Time: 10 min

INGREDIENTS	DIRECTIONS
2 eggs 2 cups cooked rice ½ cup frozen veggies 2 tsp soy sauce	1. Fry 2 eggs 2. Add 2 cups cooked rice 3. Add ½ cup frozen veggies 4. Add 2 tsp soy sauce. 5. Stir until warm.
TIPS & SAVINGS	COST
Use leftover rice from dinner.	≈ \$0.50 per serving

Baked Oatmeal Squares

Servings: 9

Prep Time: 10 min Cook Time: 30 min

INGREDIENTS	DIRECTIONS
2 cups oats 1 mashed banana 1 ½ cups of milk 1 egg 1 tsp cinnamon	1. Mix 2 cups oats 2. 1 mashed banana 3. 1½ cups milk 4. 1 egg 5. 1 tsp cinnamon. 6. Bake 350°F 30 min.
TIPS & SAVINGS	COST
Slice and refrigerate for the week.	≈ \$0.30



Apple Cinnamon Oatmeal

Servings: 4

Prep: 10 min Crockpot: 6–8 hrs / Stovetop 15 min

INGREDIENTS	DIRECTIONS
2 cups oats 4 cups milk or water 2 apples diced 1 tsp cinnamon.	Crockpot: Cook overnight 6–8 hr low. Stovetop: Simmer 15 min until soft.
TIPS & SAVINGS	COST
Use canned fruit if cheaper.	≈ \$0.40 per serving

Breakfast Potatoes

Servings: 5

Prep: 10 min Crockpot: 6.5 hrs /Stovetop 40 min

INGREDIENTS	DIRECTIONS
4 potatoes 1 onion 3 cups milk or broth 1 Tbsp flour	Crockpot: Cook potatoes 6 hr low; stir in milk + flour; cook 30 min more. Stovetop: Boil potatoes 20 min; add milk and flour; simmer 10 min.
TIPS & SAVINGS	COST
Add celery or carrot for extra flavor.	≈ \$0.80 per serving



Scrambled Eggs with Potatoes

Servings: 2

Prep Time 10 min Cook Time: 10 min

INGREDIENTS	DIRECTIONS
1 cup diced potatoes ¼ cup onion 1 Tbsp oil 2 eggs	1. Sauté 1 cup diced potatoes and ¼ cup onion in 1 Tbsp oil 5 min 2. Add 2 eggs and scramble.
TIPS & SAVINGS	COST
Use leftover potatoes.	≈ \$0.80 per serving

Homemade Granola

Servings: 12

Prep time: 10 min Cook Time: 25 min

INGREDIENTS	DIRECTIONS
3 cups oats ¼ cup oil ¼ cup honey 1 tsp cinnamon	1. Combine 3 cups oats 2. Add ¼ cup oil 3. Add ¼ cup honey 4. Add tsp cinnamon 5. Bake 325°F 20–25 min
TIPS & SAVINGS	COST
Add raisins after baking for sweetness.	≈ \$0.15 per ½-cup



Breakfast Smoothie

Servings: 2

Prep Time: 5 min Cook Time: 0 min

INGREDIENTS	DIRECTIONS
Banana ½ cup frozen fruit ½ cup milk or yogurt 1 Tbsp peanut butter	1. Blend 1 banana 2. ½ cup frozen fruit 3. ½ cup milk or yogurt 4. 1 Tbsp peanut butter.
TIPS & SAVINGS	COST
Freeze overripe bananas for smoothies	≈ \$0.70 per serving

Cottage Cheese & Fruit Cup

Servings: 1

Prep Time: 2 min Cook Time: 0 min

INGREDIENTS	DIRECTIONS
½ cup cottage cheese ¼ cup fruit	1. Layer ½ cup cottage cheese with ¼ cup fruit.
TIPS & SAVINGS	COST
Buy large tubs of cottage cheese for best value. Then meal plan to use it before it expires.	≈ \$0.80 per serving





Dinner Recipes

Chicken & Rice

Servings: 6

Prep Time: 10 min Crockpot: 4–6 hrs/Oven: 1 hr

INGREDIENTS	DIRECTIONS
<p>Banana</p> <p>½ cup frozen fruit</p> <p>½ cup milk or yogurt</p> <p>1 Tbsp peanut butter</p>	<p><u>Crockpot:</u> Add all ingredients; cook 4–6 hr low; shred chicken and stir.</p> <p><u>Oven:</u> Combine in covered dish; bake 350°F 1 hr until rice and chicken are tender.</p>
TIPS & SAVINGS	COST
<p>Buy chicken in family packs and meal plan to use it or freeze what you do not use.</p>	<p>≈ \$1.20 per serving</p>

Hearty Chili

Servings: 8

Prep: 15 min Crockpot: 6–8 hrs / Oven: 1 hr

INGREDIENTS	DIRECTIONS
<p>1 lb turkey (or ground beef or 2 cans beans)</p> <p>1 can tomatoes</p> <p>1 can tomato sauce</p> <p>1 can corn</p> <p>1 onion diced</p> <p>1/2-1 TBSP chili seasoning</p>	<p>Crockpot: Combine all; cook 6–8 hr low.</p> <p>Oven/Stovetop: Simmer 1 hr on stove or bake covered 350°F 1 hr.</p>
TIPS & SAVINGS	COST
<p>Skip meat and double beans to save 50%.</p>	<p>≈ \$1.00</p>



Pulled BBQ Chicken

Servings: 6

Prep: 5 min Crockpot: 4–5 hrs/Oven: 45 min

INGREDIENTS	DIRECTIONS
<p>1 lb chicken</p> <p>½ cup BBQ sauce</p> <p>½ cup water</p>	<p>Crockpot: Cook on low 4–5 hr; shred.</p> <p>Oven: Bake covered 375°F 40–45 min or until chicken is soft; shred and mix with sauce.</p>
TIPS & SAVINGS	COST
<p>Use store-brand sauce and save \$1+.</p>	<p>≈ \$1.25 per serving</p>

Lentil or Beef Stew

Servings: 8

Prep: 15 min Crockpot: 6–8 hrs / Oven 1½ hrsF

INGREDIENTS	DIRECTIONS
<p>1 cup lentils (or ½ lb beef)</p> <p>Carrots,</p> <p>Potatoes</p> <p>Broth</p> <p>Onion.</p>	<p>Crockpot: Cook on low 6–8 hr.</p> <p>Oven/Stovetop: Simmer covered 1½ hr until tender.</p>
TIPS & SAVINGS	COST
<p>Lentils cut cost and cook faster</p>	<p>≈ \$.90 lentils \$1.25 beef</p>



Vegetable Soup

Servings: 6

Prep: 10 min Cook: 5–6 hr low / Stovetop 30 min

INGREDIENTS	DIRECTIONS
Canned tomatoes Corn Beans Broth Frozen veggies	Crockpot: Cook 5–6 hr low. Stovetop: Bring to boil; simmer 30 min.
TIPS & SAVINGS	COST
Add 1 cup rice for heartier meal	≈ \$0.75 per serving

Chicken Taco Filling

Servings: 6

Prep: 5 min Cook: 4–5 hr / Oven 40 min

INGREDIENTS	DIRECTIONS
2 chicken breasts 1 jar salsa 1 taco seasoning packet	Crockpot: Cook low 4–5 hr; shred. Oven: Bake covered 375°F 40 min; shred in sauce.
TIPS & SAVINGS	COST
Use leftovers for rice bowls	Cost: ≈ \$1.10 per serving



Ham & Bean Soup

Servings: 6

Prep: 10 min Crockpot: 8 hr / Stovetop 1½ hrs

INGREDIENTS	DIRECTIONS
1 cup dried beans 1 cup ham 4 cups water Carrot, onion.	Crockpot: Cook 8 hr low until beans soft. Stovetop: Simmer covered 1½ hr until beans tender.
TIPS & SAVINGS	COST
Use leftover holiday ham	≈ \$0.70 per serving

Creamy Potato Soup

Servings: 5

Prep: 10 min Cook: 6 1/2 hrs / Stovetop 40 min

INGREDIENTS	DIRECTIONS
4 potatoes 1 onion 3 cups milk or broth 1 Tbsp flour	Crockpot: Cook potatoes 6 hr low; stir in milk + flour; cook 30 min more. Stovetop: Boil potatoes 20 min; add milk and flour; simmer 10 min.
TIPS & SAVINGS	COST
Add celery or carrot for extra flavor.	≈ \$0.80 per serving



Lasagna Casserole

Servings: 6

Prep: 15 min Cook: 3–4 hr / Oven 45 min

INGREDIENTS	DIRECTIONS
Noodles 2 cups tomato sauce 1 cup ricotta or cottage cheese spinach cheese	Crockpot: Layer sauce, noodles, cheese; cook 3–4 hr low. Oven: Bake covered 375°F 45 min until bubbly.
TIPS & SAVINGS	COST
Cottage cheese saves \$2+	\$1.10 per serving

Cheesy Ramen with Ground Turkey & Veggies

Servings: 4

Prep: 10 min Cook: 15 min

INGREDIENTS	DIRECTIONS
2 packs ramen (no packet) ½ lb ground turkey 2 cups frozen mixed veggies ½ cup shredded cheese	1. Brown turkey 5 min; drain. 2. Add veggies + 1 cup water; cover and steam 5 min. 3. Stir in cooked ramen and cheese until melted.
TIPS & SAVINGS	COST
Replace turkey with beans for vegetarian option.	≈ \$0.95 per serving



Vegetable Stir Fry

Servings: 4

Prep: 10 min Cook: 10 min

INGREDIENTS	DIRECTIONS
2 cups mixed veggies (fresh/frozen) · 2 cups cooked rice 2 Tbsp oil 2 Tbsp soy sauce 1 egg (optional)	1. Heat oil in skillet medium-high. 2. Add veggies; cook 5 min. Push aside, scramble egg (if using). 3. Stir in rice and soy sauce 5 min until hot.
TIPS & SAVINGS	COST
Frozen veggies cost $\frac{1}{2}$ as much as fresh and don't spoil. For an additional fee add chicken.	≈ \$0.70 per serving

Pasta Primavera

Servings: 4

Prep: 10 min Cook: 15 min

INGREDIENTS	DIRECTIONS
8 oz pasta 2 cups veggies 2 Tbsp oil Garlic Salt Pepper	Boil 8 oz pasta; sauté 2 cups veggies in 2 Tbsp oil; add garlic, salt, pepper; toss with pasta.
TIPS & SAVINGS	COST
Add 1 spoon cream cheese for creamy version. For an added fee you can add a meat.	≈ \$0.70 per serving



Baked Potatoes with Toppings

Servings: 4

Prep: 5 min Oven: 45 min / 10 min microwave

INGREDIENTS	DIRECTIONS
4 potatoes 1 can beans Cheese Broccoli.	Bake or microwave 4 potatoes; top with 1 can beans, cheese, broccoli.
TIPS & SAVINGS	COST
Sweet potatoes are often cheaper in fall.	≈ \$0.60 per serving

Baked Chicken Legs & Potatoes

Servings: 5

Prep: 10 min Crockpot: 6 hrs/ Oven 45 min

INGREDIENTS	DIRECTIONS
10 chicken legs 1 lb potatoes cubed 2 Tbsp oil Season salt 1 tsp paprika	Oven: Toss chicken and potatoes with oil and seasoning; bake 400°F 45 min, turn halfway. Crockpot: Layer potatoes then legs; sprinkle seasoning; cook 6 hr low.
TIPS & SAVINGS	COST
Drumsticks are the cheapest cut of chicken (~\$1.29/lb).	≈ \$1.00



Leftover Chicken Tacos (Day 2 Meal)

Servings: 4-6

Prep: 10 min Cook: 10 min

INGREDIENTS	DIRECTIONS
2 cups cooked leftover chicken 1 jar salsa 1 taco seasoning packet 8-10 tortillas	Stovetop: Shred chicken; heat in skillet with salsa and seasoning 5-10 min. Crockpot: Combine ingredients; cook 2 hr low to blend flavors.
TIPS & SAVINGS	COST
Freeze shredded chicken for future soups or wraps.	≈ \$0.90 per serving

Whole Roasted Chicken (Day 1 Meal)

Servings: 6

Prep: 15 min Crockpot: 6-7 hr/Oven: 1 hr 20 min

INGREDIENTS	DIRECTIONS
1 whole chicken (4-5 lb) 1 Tbsp oil Salt & pepper Optional herbs 1 cup water (crockpot only)	Oven: Rub chicken with oil + seasoning; place in roasting pan; bake 375°F 1 hr 20 min (165°F internal). Crockpot: Place chicken and water; cook 6-7 hr low.
TIPS & SAVINGS	COST
A whole chicken feeds 6 for under \$10 and leaves meat for 2-3 extra meals.	≈ \$1.60



Ramen Veggie Bowls

Servings: 3

Prep: 5 min Cook: 10 min

INGREDIENTS 2 cups mixed veggies (fresh/frozen) 2 cups cooked rice 2 Tbsp oil 2 Tbsp soy sauce 1 egg (optional)	DIRECTIONS 1. Boil 2 packs ramen and 2 cups veggies for 3 minutes. 2. Drain most liquid 3. Add 2 Tbsp soy sauce 4. Add 1 egg (optional)
TIPS & SAVINGS Skip flavor packet to reduce sodium	COST ≈ \$0.50 per serving

Barbecue Chicken Legs & Rice Skillet

Servings: 4

Prep: 10 min Cook: 30 min

INGREDIENTS 4 chicken legs (cooked or raw) 2 cups cooked rice ½ cup BBQ sauce ½ cup corn	DIRECTIONS 1. Remove meat from legs (if cooked) or simmer until done. 2. Stir chicken into rice + BBQ sauce and corn; heat through.
TIPS & SAVINGS Leftover drumstick meat works great for this one- pan meal.	COST ≈ \$0.90



Taco Rice Bowls

Servings: 3

Prep: 10 min Cook: 20 min

<p>INGREDIENTS</p> <p>1 lb ground turkey or 1½ cups beans · 1 packet taco seasoning 3 cups cooked rice 1 cup corn 1 cup shredded lettuce Salsa</p>	<p>DIRECTIONS</p> <p>1. Brown turkey and drain. Add seasoning + corn; heat 5 min. 2. Serve over rice with lettuce and salsa.</p>
<p>TIPS & SAVINGS</p> <p>Replace meat with beans or half-and-half mix.</p>	<p>COST</p> <p>≈ \$1.00 per serving</p>

Pizza Pasta Bake

Servings: 4

Prep: 10 min Cook: 30 min

<p>INGREDIENTS</p> <p>12 oz pasta 1 jar spaghetti sauce 1 cup mozzarella ½ cup pepperoni or veggies</p>	<p>DIRECTIONS</p> <p>1. Oven: Mix pasta + sauce + toppings; top with cheese; bake 375°F 30 min. Crockpot: Layer same; cook low 2 hr.</p>
<p>TIPS & SAVINGS</p> <p>Use store-brand sauce; kids can sprinkle cheese.</p>	<p>COST</p> <p>≈ \$1.00</p>



Cheesy Quesadillas

Servings: 3

Prep: 10 min Cook: 20 min

INGREDIENTS	DIRECTIONS
1 lb ground turkey or 1½ cups beans · 1 packet taco seasoning 3 cups cooked rice 1 cup corn 1 cup shredded lettuce Salsa	1. Brown turkey and drain. Add seasoning + corn; heat 5 min. 2. Serve over rice with lettuce and salsa.
TIPS & SAVINGS	COST
Replace meat with beans or half-and-half mix.	≈ \$1.00 per serving



Budget Tips

- Buy a whole chicken instead of parts — you get 3 meals for less than buying breasts.
- Save bones to boil for chicken broth (= free soup base).
- Ramen is a cheap starter: add frozen veggies + protein to turn it into a meal.
- Chicken legs cook well in bulk and reheat easily for lunch the next day.
- Leftovers from any of these recipes can fill wraps, soups, or fried rice bowls.

