

Budget Friendly Meals

Budget-friendly foods

Meals to Make:

 Peanut Butter	+	 Whole Grain Bread	+	 Sliced Banana	+	 Milk or Soy Milk	=	 Sandwich & Milk to Drink
 Oatmeal	+	 Sliced Banana	+	 Pumpkin Seeds	+	 Frozen Berries	=	 Breakfast Oatmeal
 Fried Egg	+	 Whole Grain Bread	+	 Chopped Cabbage	+	 Carrot Sticks	=	 Egg Sandwich with Carrots
 Ramen Soup Pack	+	 Frozen Mixed Vegetables	+	 Canned White Beans	=	 Vegetable Soup		
 Canned Salmon	+	 Mayonnaise	+	 Whole Wheat Wrap	+	 Chopped Cabbage	=	 Salmon Salad Wrap
 Brown Rice	+	 Canned Black Beans	+	 Frozen Mixed Vegetables	+	 Chili Powder	=	 One Pot Rice Bowl

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