

Eating Well *on a Budget*

A Practical Guide from Your
Little River Health Care Team



Smart Shopping Tips

1

Plan Ahead

Planning your meals for the week and making a shopping list can help you stay focused and avoid unnecessary spending.

2

Look for Sales and Coupons

Checking store flyers and using coupons can save you money on healthy basics like frozen vegetables, beans, and whole grains.

3

Buy in Bulk

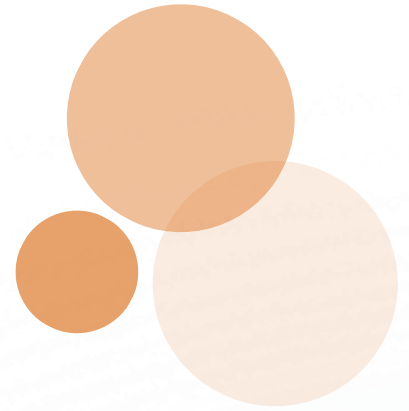
Buying larger amounts of foods like brown rice, oats, or dried beans can stretch your dollars further.

4

Choose Store Brands

Generic brands often offer the same nutrition as name brands at a lower price.

Budget-Friendly Foods to Keep on Hand



Frozen or Canned Fruits & Vegetables

Look for “low sodium” or “no added sugar” options. Rinse canned veggies and beans to reduce added salt.

Beans & Lentils

Affordable, high in fiber and protein, and great for feeling full longer.

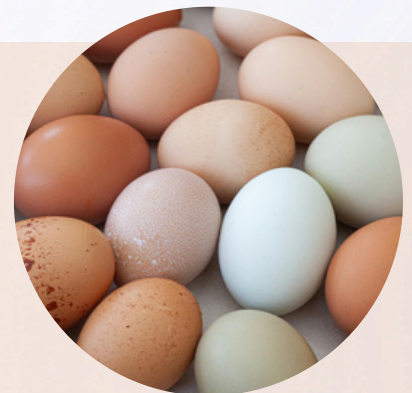


Whole Grains

Brown rice, whole wheat pasta, oats, and corn tortillas are nutritious, filling, and cost-effective.

Lean Proteins

Eggs, Canned Tuna, Unsalted/Unsweetened Peanut Butter are versatile, protein-rich staples and work well in many meals.



Easy Meal Ideas from the FIGHT Health Team

Breakfast

Oatmeal with Peanut Butter & Banana

What You Need (Serves 1)

- ½ cup oats (quick or rolled)
- 1 cup water or milk
- 1 tablespoon natural peanut butter
- ½ banana, sliced

Steps

1. Cook the oats with water or milk, following the directions on the package.
2. Once the oats are soft, add a spoonful of peanut butter and sliced banana on top.

Why We Like It

Long-lasting energy and healthy fats to start your day.



Lunch

Black Bean Rice Bowl

What You Need (Serves 1)

- 1 cup cooked rice
- ½ cup canned black beans, rinsed
- ¼ cup canned corn or frozen vegetables
- Optional: a few spoonfuls of salsa or some chopped onion

Steps

1. Mix the rice, black beans, and corn or veggies in a bowl or pan.
2. Add salsa, onion, or seasonings if you like.
3. Heat everything until warm (about 2–3 minutes in the microwave or 5 minutes on the stove).

Why We Like It

Long-lasting energy and healthy fats to start your day.



Dinner

Easy Lentil Soup



What You Need (Serves 4)

- 1 cup dried lentils or 1½ cups canned lentils, drained and rinsed
- 1 tablespoon oil (olive or vegetable)
- 1 small onion, chopped
- 2 carrots, chopped or 1 cup frozen chopped carrots
- 2 cloves garlic, minced or ½ tsp garlic powder
- 1 can (14.5 oz) diced tomatoes
- 4 cups water or low-sodium broth
- 1 teaspoon salt (or to taste)
- ½ teaspoon black pepper
- Optional: ½ tsp cumin or Italian seasoning

Steps

1. In a big pot, heat the oil over medium heat.
2. Add the onion and carrots. Cook for about 5 minutes until soft.
3. Add the garlic and cook for 1 more minute.
4. Add the lentils, tomatoes (with juice), and water or broth.
5. Bring everything to a boil.
 - If using dried lentils: cover and simmer for 30 minutes.
 - If using canned lentils: cover and simmer for 15 minutes.
6. Add salt, pepper, and other spices. Taste and adjust if needed.

Why We Like It

It's a warm, comforting meal that's affordable, high in fiber and protein, and easy to freeze for later.

You're Not Alone—We're Here for You

At Little Rivers, we believe in progress, not perfection. Healthy changes don't have to be expensive or overwhelming. Just one small step — like adding more beans or cooking more meals at home — can make a big difference over time.

You're doing your best, and that's something to be proud of. **Let's keep going, together.**



Need more ideas or personalized support?



Talk to your Little Rivers Health Care Team — we're always here to help.

Questions? Call: (978) 440-2201