



Campbell's

Budget Friendly Meal Planner

Meal & Recipe Suggestions



Budget Friendly - 3 Day Meal Plan

Healthy Eating for Less than \$10 a Day*

Day 01

BREAKFAST

Avocado & Egg Toast on
Pepperidge Farm® 100%
Whole Wheat Bread

Orange

Skim Milk

LUNCH

Mozzarella Cheese, Tomato
& Basil Sandwich

Mixed Green Salad
with Strawberries, Almonds
& Balsamic Dressing

MID-DAY SNACK

Carrots & Hummus

V8® Low Sodium 100%
Vegetable Juice

DINNER

RECIPE
01

**Easy Chicken
Curry**
Detailed Recipe
to Follow

White Rice

EVENING SNACK

Banana

Nonfat Yogurt

Day 02

BREAKFAST

Breakfast Bowl with
Toasted Oats Cereal,
Sliced Peaches, Raisins,
Nonfat Yogurt, Walnuts
& Cinnamon

LUNCH

Grilled Cheese Made with
Reduced Fat Cheddar &
Pepperidge Farm® Whole
Grain 100% Whole Wheat
Thin Sliced Bread

Campbell's® Condensed
Tomato Soup

MID-DAY SNACK

Apple with
Peanut Butter

V8® Low Sodium 100%
Vegetable Juice

DINNER

RECIPE
02

**One Pot Chicken
Sausage & Orzo**
Detailed Recipe
to Follow

Skim Milk

EVENING SNACK

Greek Yogurt with Graham
Crackers

Canned Sliced Peaches
Packed in Juice

Day 03

BREAKFAST

Egg & Cheese Breakfast
Sandwich

Grapes

V8® Low Sodium 100%
Vegetable Juice

LUNCH

Pacific Foods® Organic
Plant-Based Chili

Baked Sweet Potato with
Light Butter

Skim Milk

MID-DAY SNACK

Nonfat Yogurt

Blueberries

Toasted Oats Cereal

DINNER

Grilled Fish

Rice & Beans

Cauliflower

Milk

EVENING SNACK

Banana with
Peanut Butter

Average Daily Nutrition Totals: Calories: 1950, Total Fat: 60g, Saturated Fat: 15g, Cholesterol: 250mg, Sodium: 1968mg, Potassium: 5028mg, Total Carbohydrates: 264g, Dietary Fiber: 36g, Protein: 94g

Average Daily Cost: \$9.38

*Based on national pricing averages

RECIPE
01

Easy Chicken Curry

\$ **\$9.49**
cost per recipe📊 **\$2.37**
cost per person👤 **serves 4**
people🕒 **55 mins.**
prep & cook time

Ingredients

- 1 1/4** pounds boneless, skinless chicken thigh
- 2** tablespoons olive oil
- 1** tablespoon curry powder
- 1** can (10 1/2 ounces) Campbell's® Condensed Unsalted Cream of Mushroom Soup
- 3/4** cup milk
- 2** pounds sweet potato, peeled and cut into 1-inch pieces (about 4 cups)
- 8** cups loosely packed spinach or kale (about 8 ounces)

Method

- Step 1** Season the chicken with salt and pepper. Heat the oil in a 12-inch skillet over medium-high heat. Add the chicken and cook until browned on both sides. Remove the chicken from the skillet.
- Step 2** Add the curry powder to the skillet and cook and stir for 30 seconds. Add the soup and milk and stir until smooth. Return the chicken to the skillet. Add the potatoes and heat to a boil. Reduce the heat to low. Cover and cook for 25 minutes or until the potatoes and chicken are done.
- Step 2** Remove the skillet from the heat. Using 2 forks, shred the chicken. Return the skillet to the heat. Heat over medium heat and add the spinach, adding a handful at a time and stirring until wilted before adding more. Season to taste. Serve the mixture over hot cooked rice, if desired.

Nutrition Totals Per Serving: Calories: 526, Total Fat: 20g, Saturated Fat: 4g, Cholesterol: 130mg, Sodium: 325mg, Potassium: 1472mg, Total Carbohydrate: 56g, Dietary Fiber: 9g, Protein: 31g

RECIPE
02

One Pot Chicken Sausage & Orzo

\$ \$13.95
cost per recipe📊 \$2.33
cost per person👤 serves 6
people🕒 40mins.
prep & cook time

Ingredients

- 11** ounces fully-cooked Italian-style chicken sausage, sliced
- 1** tablespoon olive oil
- 1** large onion, diced (about 1 cup)
- 1/2** teaspoon crushed red pepper
- 8** ounces uncooked orzo pasta (about 1 cup)
- 1/2** cup dry white wine
- 1** jar (24 ounces) Prego® Chunky Tomato & Three Cheese Italian Sauce
- 2** cups Swanson® Unsalted Chicken Broth or water
- 1/4** cup heavy cream
- 10** ounces chopped kale leaves (stems removed) or baby spinach

Method

- Step 1** Season the sausage with salt and pepper. Heat the oil in a 12-inch skillet over medium-high heat. Add the sausage and cook until browned. Remove from the skillet, cover and keep warm.
- Step 2** Add the onion and red pepper to the skillet and cook over medium-high heat for 3 minutes or until the onion is tender.
- Step 3** Add the orzo and stir to coat with the oil. Add the wine and cook and stir for 2 minutes or until the wine is absorbed. Add the sauce and broth and heat to a boil. Reduce the heat to medium. Cook for 10 minutes or until the orzo is tender, stirring occasionally.
- Step 4** Add the heavy cream and kale and cook and stir until the kale is wilted. Stir in the sausage. Serve with grated Parmesan cheese, if desired.

Nutrition Totals Per Serving: Calories: 382, Total Fat: 12g, Saturated Fat: 3.7g, Cholesterol: 50mg, Sodium: 772mg, Potassium: 786mg, Total Carbohydrate: 46g, Dietary Fiber: 5g, Protein: 18g