

EATING HEALTHY FOOD DOESN'T HAVE TO BREAK YOUR BUDGET!

(Prices shown are approximate and may vary by store and demand; Calorie counts are also approximate)

Fruits and Vegetables:

VS

Less Nutritious Snacks:

Baby carrots (16 oz.) Celery bunch (16 oz.) Bell pepper (1 pepper) Total Price: \$3.05; Calories 270	Tostitos Tortilla Chips – Party Size (18 oz.) Total Price: \$3.98; Calories 2,520
Strawberries (16 oz.) Bananas (5 medium) Total Price: \$4.29; Calories 670	Hershey Kisses – Family Size (17.9 oz.) Total Price: \$5.28; Calories 2,560
Seedless grapes (3 lb.) Total Price: \$7.14; Calories 940	Haribo Gummy Bears (3 lb. bag) Total Price: \$7.98; Calories 4,500
Tomato (1 beefsteak tomato) Spinach (10 oz. bag, fresh) Cucumber (1 cucumber) Total Price: \$3.58; Calories 160	Garden Veggie Straws (14 oz.) Total Price: \$4.48; Calories 1,820
Sliced mushrooms (8 oz.) Onion (1 medium) Frozen spinach (12 oz.) Total Price: \$3.58; Calories 195	TGI Friday's Frozen Mozzarella Sticks (17.4 oz.) Total Price: \$4.98; Calories 1,300
Apples (3 lb. bag) Total Price: \$4.47; Calories 707	Oreos - Party Size (25.5 oz.) Total Price: \$4.82; Calories 3,360

Other budget friendly and nutrition packed foods:

Proteins:

Beans (14.5 oz. can) \$1.00
Lentils (15 oz. can) \$1.00
Eggs (12) \$1.49
Tuna fish (12 oz. can) \$3.78
Peanut butter (16 oz.) \$1.18
Tofu (16 oz.) \$1.44
Plain Greek yogurt (32 oz.) \$3.50
Cottage cheese (24 oz.) \$2.54

Whole Grains & Starchy Vegetables:

Brown rice (32 oz.) \$1.37
100% whole wheat bread (22 slices) \$2.68
Whole wheat pasta (16 oz.) \$1.79
Old fashioned oats (42 oz.) \$3.88
Whole wheat tortillas (8" each, 10) \$2.59
Canned whole kernel corn (29 oz. can) \$1.00
Frozen sweet peas (2 lb.) \$2.22
Sweet potatoes (3 lb.) \$2.64

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Tasty Three Bean Turkey Chili

Serves: 6

Cost per serving: \$1.35

Prep time: 10 minutes

Cook time: 45 minutes

Ingredients

- 1 Tbsp. olive oil, divided
- ½ lb. ground turkey
- 2 tsp. garlic powder, divided
- 2 tsp. onion powder, divided
- 1 tsp. salt
- 2 tsp. ground black pepper, divided
- ½ medium yellow onion, chopped
- 1 - 15 oz. can low sodium kidney beans, drained and rinsed
- 1 - 15 oz. can low sodium black beans, drained and rinsed
- 1 - 15 oz. can low sodium pinto beans, drained and rinsed
- 1 - 28 oz. can low sodium diced tomatoes
- 1 tsp. chili pepper
- ½ tsp. cayenne pepper
- ½ tsp. paprika

Method of Preparation

1. Heat ½ Tbsp. olive oil in a large stock pot over medium heat.
2. Season ground turkey with 1 tsp. of garlic powder, onion powder, salt, and pepper. Add to stock pot and cook until browned, stirring occasionally.
3. Once the turkey is cooked through (no longer pink), remove from the pot and set aside on a separate plate.
4. Add remaining olive oil to the pot along with the chopped onion. Season with remaining garlic powder, onion powder and pepper. Sauté until translucent, about 3-5 minutes.
5. Add the beans, and diced tomatoes to the pot. Season with chili powder, cayenne pepper, and paprika. Add salt and pepper to taste.
6. Add the turkey back into the pot and bring the chili to a boil over medium-high heat. Then, reduce the heat and simmer uncovered for 30 minutes. Serve warm.

Nutrition Facts	
6 servings per container	
Serving size	1.25 cups
Amount Per Serving	
Calories	310
<small>% Daily Value*</small>	
Total Fat 7g	9%
Saturated Fat 1.4g	7%
<i>Trans Fat</i> 0g	
Cholesterol 30mg	10%
Sodium 430mg	19%
Total Carbohydrate 42g	15%
Dietary Fiber 14g	50%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 21g	42%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Hearty Lentil Chili

Serves: 10

Cost per serving: \$0.73

Prep time: 15 minutes

Cook time: 45 minutes

Ingredients

- 2 Tbsp. olive oil
- 1 large yellow onion, diced
- 2 stalks celery, diced
- 1 medium jalapeño pepper, deseeded and diced
- 4 cloves garlic, minced
- 2 Tbsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. smoked paprika
- ½ tsp. salt
- ½ tsp. ground black pepper
- 1 cup dried red lentils
- 1 - 28 oz. can fire-roasted diced tomatoes
- 3 ½ cups low sodium vegetable broth
- 1 - 15 oz. can low sodium black beans, drained and rinsed
- 1 - 15 oz. can low sodium kidney beans, drained and rinsed

Method of Preparation

1. Heat olive oil in a large stock pot over medium heat.
2. Add onion, celery, jalapeño, and garlic. Cook until soft, approximately 7-8 minutes.
3. Add chili powder, cumin, paprika, salt, and pepper. Stir to combine. Cook for about 2 minutes.
4. Add lentils and cook for one more minute, stirring frequently.
5. Add canned tomatoes, broth, and beans. Stir to combine.
6. Bring to a boil, then reduce heat to low and simmer for 30 minutes, stirring occasionally to prevent the chili from sticking to the bottom of the pot.
7. Remove the pot from the heat and serve while hot.

Nutrition Facts

10 servings per container	
Serving size	1 cup
Amount Per Serving	200
Calories	
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 32g	12%
Dietary Fiber 11g	39%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 11g	22%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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Savory Sweet Potato and Chickpea Breakfast Hash with Scrambled Eggs

Serves: 4

Cost per serving: \$1.16

Prep time: 20 minutes

Cook time: 30 minutes

Ingredients

- 1 large sweet potato
- 2 Tbsp. olive oil, divided
- 1 medium sweet onion, chopped
- 1 green onion, chopped
- 1 red bell pepper, chopped
- 1 - 15 oz. can chickpeas (garbanzo beans), drained and rinsed
- 1 garlic clove, minced
- 6 large eggs
- 1 tsp. smoked paprika
- Salt and pepper to taste

Method of Preparation

1. Preheat oven to 400 °F.
2. Cut the sweet potato into ¼ - ½ inch cubes. Lay on foil-lined pan and coat with 1 Tbsp. olive oil. Roast the sweet potato for about 20 minutes, until tender yet firm enough to cut easily.
3. While the sweet potatoes are roasting, heat ½ Tbsp. olive oil in a skillet over medium-high heat. Add onions, red pepper, chickpeas, and garlic. Sauté for 4-5 minutes until soft and slightly browned.
4. Remove skillet from heat and place vegetable mixture into a bowl.
5. Add pre-cooked sweet potato cubes and sauté over medium-high heat for 3 minutes until browned on one side. Stir the sweet potatoes and sauté for 3-5 more minutes until browned on all sides.
6. While sweet potato is being sautéed, crack 6 eggs into a bowl and whisk.
7. In a separate skillet, heat ½ Tbsp. olive oil over medium-low heat.
8. Pour whisked egg mixture into the second skillet. Cook for 6-8 minutes, to desired doneness.
9. Once sweet potatoes are browned, add smoked paprika to skillet with sweet potato and stir to distribute evenly. Add vegetable mixture to sweet potato skillet to warm evenly throughout.
10. Season scrambled eggs and vegetable skillet with salt and pepper to taste. Serve warm.

Nutrition Facts	
4 servings per container	
1 cup hash and 1.5 scrambled eggs	
Serving size	
Amount Per Serving	
Calories	340
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 3.6g	18%
Trans Fat 0g	
Cholesterol 280mg	93%
Sodium 270mg	12%
Total Carbohydrate 31g	11%
Dietary Fiber 7g	25%
Total Sugars 8g	
Includes 0g Added Sugars	
Protein 16g	32%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Tangy Mediterranean Lentil and Kale Salad

Serves: 4

Cost per serving: \$0.80

Prep time: 25 minutes

Cook time: 35 minutes

Ingredients

- 1 cup dry green or brown lentils
- 3 cups water
- 2 Tbsp. olive oil
- 1 Tbsp. red wine vinegar
- ½ tsp. Dijon mustard
- ½ tsp. maple syrup
- 1 lemon, juiced and zested
- ½ tsp. ground oregano
- 2 tsp. dried parsley
- Salt and black pepper to taste
- 1 cup kale, finely chopped
- 1 large tomato, diced
- ½ cup sun-dried tomatoes (dry packed recommended), roughly chopped
- 1 medium cucumber, diced
- ½ medium red onion, diced

Method of Preparation

1. Rinse the lentils and place them in a large saucepan. Cover with about 3 cups of water and season with a pinch of salt.
2. Bring to a boil over medium-high heat. Once boiling, reduce to a simmer over low heat.
3. Cook until lentils are tender, about 25-30 minutes.
4. While lentils are cooking, combine the olive oil, vinegar, Dijon mustard, maple syrup, lemon juice, lemon zest, oregano, parsley, salt and pepper in a separate small bowl. Whisk to combine.
5. Once the lentils are finished cooking, combine the lentils with kale, tomatoes, sun-dried tomatoes, cucumber, and red onion.
6. Pour the olive oil dressing mixture over the lentils and vegetables. Toss to combine.
7. Serve warm or cold. Refrigerate until ready to serve.

Nutrition Facts	
6 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	260
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.1g	6%
<i>Trans Fat</i> 0g	
Sodium 40mg	2%
Total Carbohydrate 38g	14%
Dietary Fiber 11g	39%
Total Sugars 7g	
Includes < 1g Added Sugars	
Protein 14g	28%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Adapted from: <https://www.spicesinmydna.com/mediterranean-kale-lentil-salad/>

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Tropical Overnight Oats

Ingredients

- 1 cup rolled oats
- 1 ⅓ cup low-fat plain yogurt*
- 2 medium bananas (about 7" long), sliced into half rounds
- 1 - 20 oz. can pineapple chunks** in water, drained
- 2 tbsp. unsweetened shredded coconut, optional

Serves: 4

Cost per serving: \$1.01

Prep time: 15 minutes

Cook time: 0 minutes

Method of Preparation

1. Add ¼ cup rolled oats to the bottom of a container that holds at least 12 oz.
2. Add ⅓ cup of yogurt on top of the oats in each container.
3. Divide the sliced bananas and pineapple chunks between the four jars.

Tip: Layering the bananas between the yogurt and pineapple can help prevent the banana from browning.

4. Top each jar off with shredded coconut if desired.
5. Refrigerate the jars overnight to allow the oats time to soak and soften. Use a spoon to stir the ingredients in the jar just before eating.

Adapted from: <https://www.budgetbytes.com/tropical-yogurt-parfaits/>

Nutrition Facts	
4 servings per container	
Serving size	1 prepared container
Amount Per Serving	240
Calories	
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 45g	16%
Dietary Fiber 5g	18%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Not a significant source of vitamin D, calcium, iron, and potassium	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*Regular (not Greek) yogurt recommended to provide sufficient moisture for oats to soften.

**Consider substituting fresh or frozen fruit of choice if financially feasible.

