



10 Family Dinners Under \$3

Real dinners, really costed. Prices are per serving.

1. Pancakes (breakfast-for-dinner night) **51¢**

Flour, 2 cups 40¢ · Milk, 1.5 cups 45¢ · Eggs, 2 50¢ · Butter, 2 tbsp 30¢ · Sugar + baking powder 13¢ · Syrup 26¢ = \$2.04 ÷ 4 servings

2. Egg fried rice **\$1.33**

White rice, 1.5 cups dry (11 oz) 69¢ · Eggs, 6 \$1.80 · Frozen peas and carrots, 12 oz \$1.60 · Soy sauce, 3 tbsp 24¢ · Green onions, 1 bunch 90¢ · Oil, 2 tbsp 8¢ = \$5.31 ÷ 4 servings

3. Chili **\$1.58**

Ground beef, 1 lb \$5.25 · Beans, 2 cans \$2.00 · Crushed tomatoes, 28 oz \$1.79 · Onion + bell pepper \$1.50 · Spices 80¢ · Cheddar for topping \$1.30 = \$12.64 ÷ 8 servings

4. Sheet-pan sausage and potatoes **\$1.78**

Smoked sausage, 14 oz \$3.50 · Potatoes, 2 lb \$1.60 · Green beans, frozen, 12 oz \$1.60 · Oil and seasoning 40¢ = \$7.10 ÷ 4 servings

5. Chicken noodle soup **\$1.79**

Chicken thighs, 1 lb \$3.60 · Egg noodles, 8 oz \$1.20 · Chicken broth, 64 fl oz \$4.80 · Carrots, 3 36¢ · Celery, 3 ribs 60¢ · Onion, 1 20¢ = \$10.76 ÷ 6 servings

6. Spaghetti and meatballs **\$1.87**

Spaghetti, 1 lb \$1.29 · Ground beef, 1 lb \$5.25 · Marinara, 24 oz jar \$2.49 · Breadcrumbs, egg, parmesan \$1.39 · Garlic + onion 80¢ = \$11.22 ÷ 6 servings

7. Black bean quesadillas **\$2.09**

Flour tortillas, 8 \$2.56 · Black beans, 2 cans \$1.80 · Shredded cheddar, 8 oz \$3.20 · Salsa, 1/2 cup 80¢ = \$8.36 ÷ 4 servings

8. Chicken and broccoli rice bowls **\$2.10 (\$8.40 a batch)**

Chicken thighs, 1.5 lb \$5.40 · White rice, 16 oz \$1.00 · Frozen broccoli, 16 oz \$2.00 = \$8.40 ÷ 4 servings

9. Lasagna **\$2.42**

Lasagna noodles, 1 box \$1.99 · Ricotta, 15 oz \$3.49 · Mozzarella, 16 oz \$3.99 · Ground beef, 1 lb \$5.25 · Marinara, 24 oz jar \$2.49 · Crushed tomatoes, 15 oz \$1.29 · Parmesan, egg, herbs 86¢ = \$19.36 ÷ 8 servings

10. Tacos **\$2.71**

Corn tortillas, 12 \$1.99 · Ground beef, 1 lb \$5.25 · Cheddar, 4 oz \$1.80 · Salsa, 1 cup \$1.00 · Lettuce + onion 80¢ = \$10.84 ÷ 4 servings

Costs are calculated from sample grocery prices, and yours will vary by store.

Plan your week

Tip: cook once and eat twice. Chili and lasagna both make great leftovers.

DAY	DINNER	COST PER SERVING	SERVINGS	TOTAL
Mon	_____	\$ _____	_____	\$ _____
Tue	_____	\$ _____	_____	\$ _____
Wed	_____	\$ _____	_____	\$ _____
Thu	_____	\$ _____	_____	\$ _____
Fri	_____	\$ _____	_____	\$ _____
Sat	_____	\$ _____	_____	\$ _____
Sun	_____	\$ _____	_____	\$ _____
Week total				\$ _____