

**FEEDING
YOUR FAMILY
ON
\$3-A-DAY**

**GROCERY
OUTLET**
bargain market™

Feeding Your Family on \$3 a Day

At Grocery Outlet, we know how hard you work to stretch a dollar. We are constantly amazed by your smart approach to feeding your families and we feel a tremendous responsibility to provide great options for wholesome food at remarkably low prices.

This brochure outlines one way to feed a family of four on \$3-a-day per person (\$84 per week for four). We've formulated a week's worth of healthy, delicious meals and included snacks too. The easy-to-follow recipes and daily meal plans provide variety, nutrition, and above all, a great value!

A small number of "pantry" items, like spices, oils, and baking supplies are included in the recipes. If you do not have these items on hand, most can be found at Grocery Outlet at a significant bargain.

Since our amazing deals come and go regularly, inventories vary. Most items (frozen vegetables, dried fruit, granola/trail mix, etc.) can be swapped out for a similar item and we encourage your creativity.

Grocery Outlet stores are located in cities large and small and in all kinds of neighborhoods. We are a family business that has been passed down from generation to generation, and most of our stores are independently owned and operated by locally-based families.

Our mission is simple: offer our customers brand name products at up to 40% to 60% below traditional retailers. Our "bargain-hunters" are always on the look-out for great deals. We're proud to say that families have been relying on us for more than 60 years.

Thank you for shopping our stores, and we look forward to seeing you soon.

Day 1

- Breakfast: Breakfast Burritos
- Lunch: Tuna Apple Pita Pocket
- Snack: Carrot Sticks
- Dinner: Penne and Broccoli Pasta

Recipes

See shopping list on back cover for ingredients.

Breakfast Burritos

For each burrito, beat 2 eggs. Pour into a pan lightly greased with non-stick cooking spray or butter. Add ¼ cup beans, ¼ cup grated cheddar cheese, and salsa. Cook eggs until firm. Heat tortilla in microwave or dry pan. Roll eggs in heated tortilla and enjoy.

Tuna Apple Pita Pocket

Dice 1½ apples and 3 stalks of celery coarsely. Open and drain 2 cans of tuna, and put into a large bowl. Combine with apple, celery, and 3 tbsp. light mayonnaise, season to taste, and mix until well coated. Divide into 4 portions and stuff in pita pocket.

Penne and Broccoli Pasta

Cook 1 lb penne pasta according to directions on package. Add half bag of fresh broccoli florets to the last minute of cooking pasta. Drain. In a large saucepan over medium heat, add 2 garlic cloves, 2 cans crushed tomatoes, 1 cup pasta sauce, and Italian seasoning to taste. Cook 5 -10 minutes. Combine pasta & sauce.

Makes 8 servings. Save ½ for tomorrow's lunch.

Day 2

- Breakfast: Oatmeal with Apples and Cinnamon
- Lunch: Penne and Broccoli Pasta
(leftover from Day 1)
- Snack: Apples with Peanut Butter
- Dinner: Bean & Cheese Burritos
Side of Green Beans

continued...

Day 2 (con't)

Recipes

Oatmeal with Apples and Cinnamon

Dice 2 apples coarsely. Cook with 4 servings of oatmeal according to package directions. Season with cinnamon and sugar to taste.

Bean & Cheese Burrito

For each burrito, heat a tortilla in a microwave or dry pan. Spread ½ cup refried beans over one half of the tortilla. Top with some grated cheddar cheese and 2 tbsp. of salsa. Fold tortilla into a burrito and heat until warm.

Day 3

Breakfast: Pita Pocket Veggie Omelet

Lunch: Canned Chili, garnished with Cheddar Cheese
Side of Celery Sticks

Snack: Hard-boiled Eggs

Dinner: Parmesan Rice with Summer Squash and Peas

Recipes

Pita Pocket Veggie Omelet

For each pita pocket, chop ¼ onion and ½ zucchini coarsely. Beat eggs. Sauté vegetables in frying pan with a little olive oil until they become soft. Pour in 2 beaten eggs and cook until done. Warm or toast pita pocket and stuff omelet inside.

Parmesan Rice with Summer Squash and Peas

Set a pot of water on the stove to boil. Slice up 1 yellow summer squash into rounds, and then in halves. When water boils, put 2 cups rice into pot. Cook according to package directions until 2-3 minutes remain. Add squash. After 1 minute, add 1 cup peas. Cook for another minute or so until rice is done and squash is tender. Take off heat and strain. Put back into warm pot (off heat) and combine with 2 tbsp. lemon juice (squeezed from fresh lemon), 3 tbsp. olive oil, ½ cup parmesan cheese, and salt and pepper to taste.

Serves 4.

Day 4

- Breakfast: Oatmeal with Apples and Cinnamon
- Lunch: Peanut Butter and Sliced Apple Wrap
- Snack: Carrot Sticks
- Dinner: Lasagna
Sautéed Spinach with Garlic

Recipes

Oatmeal with Apples and Cinnamon

See recipe from Day 2.

Peanut Butter and Sliced Apple Wrap

For each wrap, spread peanut butter on tortilla. Very thinly slice ½ apple and lay inside the center of tortilla. Wrap up like a burrito and enjoy.

Lasagna

- 1/2 onion, chopped
- 2 cloves garlic, chopped
- 2 tbsp. olive oil
- 1 pkg. ground beef (1 lb.)
- 2 14 to 16 oz. cans diced tomatoes
- Salt
- Pepper
- 2 tsp Italian Seasoning
- 1 box (1 lb) Lasagna noodles
- 1 pkg. (1 lb) shredded mozzarella cheese
- 1/2 cup grated parmesan cheese
- Non-stick cooking spray

Make Sauce: Sauté onion and garlic in 2 tsp olive oil. Add beef and cook until no longer pink. Add tomatoes, salt, pepper, Italian Seasoning. Cover and simmer for 30 minutes. Remove from heat and use blender to puree sauce. Set aside.

Cook noodles according to box. Drain, rinse with cold water and set into colander. Spray 9 x 13 glass or metal baking dish with non-stick spray. Spoon 1/2 cup sauce onto bottom of dish. Make layers as follows: Lasagna, Sauce, Mozzarella Cheese, Parmesan Cheese, Lasagna, etc until all ingredients are used. End with cheese on top. Cover with foil and bake in 350 degree oven for approximately 30 minutes. Uncover and bake for additional 10-15 minutes until bubbly.

Serves 8. Reserve ½ the recipe for leftovers on Day 6.

continued...

Day 4 (con't)

Although homemade Lasagna is great, we know your time is precious. Check out the freezer for a family-size Lasagna as an alternative.

Sautéed Spinach with Garlic

Easy and fast with frozen spinach. Follow directions on package to thaw. Sauté in a pan with minced fresh garlic.

Day 5

- Breakfast: Veggie Omelet in Tortilla
- Lunch: Tuna and Apple Pita Pocket
- Snack: Celery Sticks
- Dinner: Spaghetti with Parmesan Cheese
Green Beans

Recipes

Veggie Omelet in Tortilla

For each omelet, chop $\frac{1}{4}$ onion and $\frac{1}{2}$ zucchini coarsely. Beat eggs. Sauté vegetables in frying pan with a little olive oil until they become soft. Pour in 2 beaten eggs and cook until done. Warm tortilla, put omelet inside and wrap into a burrito.

Spaghetti with Parmesan Cheese

Cook whole package of spaghetti noodles according to directions. While noodles are cooking, heat jarred pasta sauce in a saucepan. Garnish with parmesan cheese to taste.

Day 6

- Breakfast: Pancakes (from mix) with Syrup
- Lunch: Macaroni and Cheese
Fresh Broccoli Florets
- Snack: Hard-boiled Eggs
- Dinner: Lasagna (Leftover from Day 4)
- Dessert: Baked Apples with Cinnamon

continued...

Day 6 (con't)

Recipes

Baked Apples with Cinnamon

Preheat oven to 350° F. Core 4 apples. Mix together a little cinnamon and maple ½ cup maple syrup, and drizzle ¼ mix over each apple. Dot with butter. Place in baking pan. Bake for 20 minutes, or until the apples are soft.

Day 7

- Breakfast: Pancakes (from mix) with Syrup
- Lunch: Canned Chili, garnished with Cheddar Cheese
- Snack: Celery Sticks
- Dinner: Spaghetti with Parmesan Cheese
Leftover Frozen Vegetables
- Dessert: Baked Apples with Cinnamon

Creative Ideas for Basics

Dress up your oatmeal! Add dried fruit, toasted nuts, honey, maple syrup, or brown sugar for some tasty, inexpensive additions.

Designer PB&J...toast the bread, or add bananas, marshmallows, honey, or sliced granny smith apples for a tasty treat.

Add nuts to veggies, salads, and cereal. A great source of protein, they also provide a nice crunchy texture.

Think outside the jar... add mushrooms, olives, garlic, sun-dried tomatoes, or mixed vegetables to pasta sauce to give it some flair (and an extra burst of nutrition too!).

Get creative with sauces to liven up your meals! Soy sauce, barbeque sauce, and other tasty additions can all be bought at Grocery Outlet at fantastic prices.

Shopping List

Produce

- 1 bag apples
- 1 bag baby carrots
- 1 bunch celery
- 2 zucchini
- 1 lemon
- 1 bag fresh garlic cloves
- 1 bag onions
- 1 summer squash
- 1 bag fresh broccoli florets

Frozen

- 1 pkg. spinach
- 1 pkg. peas
- 1 pkg. green beans

Dairy

- 1 gallon milk
- 1 lg. pkg cheddar cheese
- 1 pkg. grated parmesan cheese
- 1 pkg. mozzarella cheese

Deli

- 1 lb. ground beef
- 3 dozen eggs

Dry Grocery

- 1 jar peanut butter
- 2 lbs. pasta
- 1 pkg. lasagna noodles
- 1 box instant rice
- 2 cans diced tomatoes
- 2 lg. cans crushed tomatoes
- 2 jars spaghetti sauce
- 4 cans chili, any style
- 1 can garbanzo beans
- 3 cans pinto beans
- 4 cans tuna
- 1 jar salsa
- 1 pkg. spaghetti noodles
- 1 box pancake mix
- 1 container maple syrup
- 1 box mac 'n cheese

Grains

- 2 10 ct. pkg. tortillas
- 2 10 ct. pkg. pitas
- 1 lg. container oatmeal

Pantry Items:

Olive oil
Non-stick cooking spray
Butter
Salt
Pepper
Sugar
Cinnamon
Regular or light mayonnaise
Italian Seasoning

When we shopped this plan, we actually came in a little under budget. If this happens to you to, our advice is to treat yourself to a little something extra (like ice cream!).

Knowing how important it is for everyone to have calcium (kids and adults alike!), we've provided for 1 gallon of milk.

www.groceryoutlets.com
1-877-GR8-BUYS!