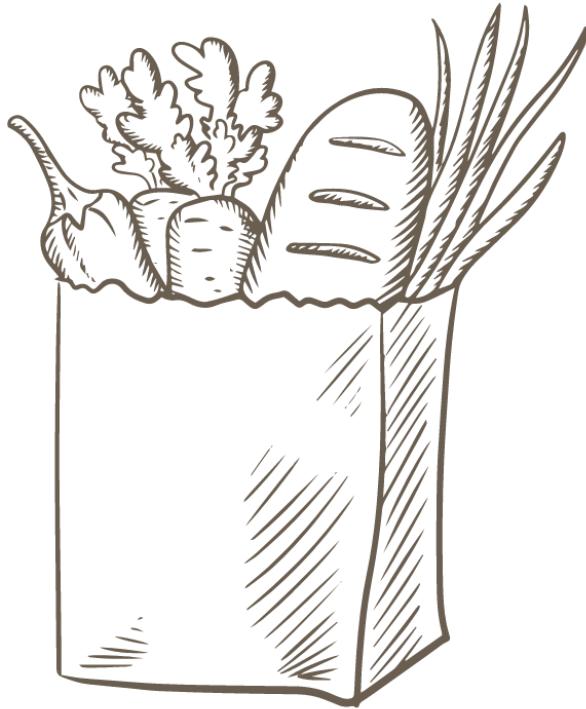


# The SNAP Guide

Creating Elegant Meals on a Food Stamp budget



*by: Nicole Matthews*

# Purpose

This guide is just that - a guide. Finding yourself unexpectedly on government assistance is overwhelming. This is a short guide to help you learn the skill of stretching your staples, eating well, and making this work for you.

# Goal

The objective of each grocery haul is to make multiple meals from basic ingredients. Elevate your meals with herbs, spices, and aromatics. Just because you are on a tight budget DOES not mean you have to eat bland food.

# Mindset

Leftovers are prep!

Don't over think your meal planning.

Most of the meals in this guide can be prepared in 30 minutes or less.

You WILL make it!

# Menu:

## Breakfast

- Scrambled eggs and toast
- French toast casserole
  - fruit and yogurt
  - oatmeal

## Lunch

- Leftovers
- Sandwiches
- Veggie Spaghetti

## Dinner

- Shrimp Alfredo
- Open Face "Mufalletta"
- Roasted Turkey w/ Rice and vegetables
  - Turkey Noodle Casserole
- Tomato Bisque and Grilled Cheese

*Pro Tip:*

Store tomatoes on the counter to enhance the flavor.

# Shopping List

## Produce

Bag of Oranges  
Carrots  
Brussel Sprouts (or broccoli)  
Bag of Apples  
Cherry Tomatoes  
Cucumber

## Dairy

Plain Greek Yogurt  
Parmesan Cheese  
Crumbled Feta  
Sliced Cheese  
Gallon of Milk  
1 qt. half and half

## Refrigerator

1 Dozen Eggs  
Deli meat

## Frozen

Bag of Frozen Onions  
Bag of Frozen Mixed Vegetables  
Family Size Bag of Shrimp  
3lb Turkey Breast

## Dry Goods

Rolled Oats  
Olives (black or mixed)  
1 loaf of sandwich bread  
1 loaf of sliced french bread  
1 family size jar of marinara  
1 can cream of mushroom soup  
Bag of Jasmine Rice  
2lb box of angel hair pasta

\*\*\*Adjust quantities to your family's needs. This is what I used for my family of 3\*\*\*

*Pro Tip:*

Store tomatoes on the counter to enhance the flavor.

# Day 1

## Breakfast

Scrambled eggs, toast, orange slices  
Coffee w/ half and half, Milk (for kids)



Suggested Serving Size:  
1 egg per person  
1 slice toast per adult  
1/2 slice per child

### Pro Tip:

Limit portion sizes to stretch meals.  
Drink lots of water to stay hydrated and full.

## Lunch

Deli Meat and Cheese Sandwich  
orange slices/wedges



Suggested Serving Size  
1 sandwich per/adult  
1/2 sandwich per child  
1/2 orange for adult  
1/4 orange per child

### Pro Tip:

Prepare all of the pasta in one stock pot. Use half for the Alfredo recipe. Save the remaining pasta in a sealed container or zip top bag with pasta water for future meal.

## Dinner

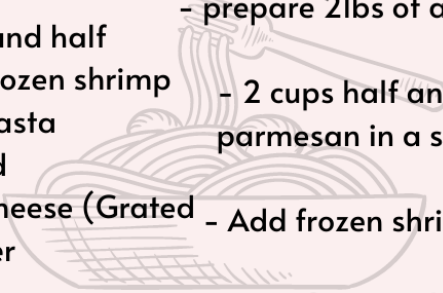
### Shrimp Alfredo

### Recipe:

#### Ingredients:

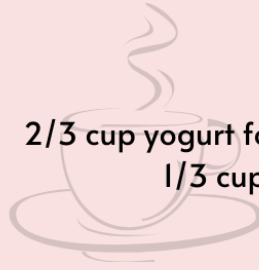
- 2 cups half and half
- 1/2 bag of frozen shrimp
- angel hair pasta
- French bread
- Parmesan Cheese (Grated)
- garlic powder

- prepare 2lbs of angel hair pasta according to package instructions
- 2 cups half and half, garlic powder, grated parmesan in a sauce pan over medium heat. Mix until cheese is melted.
- Add frozen shrimp to cream sauce and cook until pink
- Serve with slices of fresh French bread.



# Day 2

## Breakfast



Fruit and Yogurt

Suggest Serving Size:

2/3 cup yogurt for each adult + half an orange

1/3 cup yogurt per child + 1/4 orange

Coffee w/ half and half

### Pro Tip:

Add more flavor to your leftovers by adding a few dashes of lemon essential oil or lemon pepper to the Alfredo.

## Lunch



Left-over Alfredo  
cucumber slices and halved cherry tomatoes

Water

### Pro Tip:

Slice the cucumber and tomatoes at one time so you can use them for future meals.

## Dinner

Ingredients:

- thin slices of french bread (2 per adult, 1 per kid)
- Dijon Mustard (or whatever mustard you have on hand)
- Deli Meat
- Feta Cheese
- Olives

Open- Face "Muffaletta"

- slice french bread baguette in thin slices and top with:  
mustard,,deli meat,chopped olives, feta
- put on baking tray and toast until cheese is golden
- serve with sliced cucumbers and tomatoes

Recipe:

- preheat oven to low broil

### Pro Tip:

Cube the remaining french bread for french toast casserole.

# Day 3

Breakfast

## French Toast Casserole

### Ingredients:

- dried and sliced/cubed French bread
- one egg
- half and half
- syrup
- vanilla
- cinnamon



### Recipe:

- preheat oven to 375
- place french bread in a greased baking dish
- make custard with: 1 egg, 1 cup of half and half, splash of syrup, 1 1/2 teaspoons of cinnamon, and vanilla to taste
- pour over custard and bake until eggs are thoroughly cooked

*Pro Tip:*

Make coffee a ritual. Pour it in a travel mug and enjoy it with half and half.

Lunch



## Deli Meat and Cheese Sandwich Left Over Vegetables

Water

*Pro Tip:*

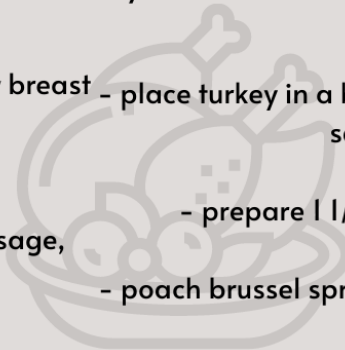
Use remant salad dressing as a dip for raw vegetables.

## Oven Roasted Turkey w/ Rice + Steamed Vegetables

Dinner

### Ingredients:

- thawed frozen turkey breast
- rice
- brussel sprouts
- dry spices: garlic powder, thyme, sage, salt, pepper
- lemon essential oil



### Recipe:

- preheat oven to 375
- place turkey in a baking dish and season with: thyme, sage, garlic powder, salt and pepper. Roast until cooked (1 1/4 hours)
- prepare 1 1/2 cups of rice according to package instructions
- poach brussel sprouts with butter, lemon essential oil, salt, and garlic powder.

# Day 4

Breakfast



Oatmeal  
+  
sliced apples

Coffee  
+  
Milk

*Pro Tip:*

Add richness to oatmeal by adding a splash of milk or half and half to oatmeal while it absorbs the remaining liquids.

Lunch



Deli Meat and Cheese Sandwich  
carrot sticks

Water

## Turkey Noodle Casserole and Roasted Carrots

Dinner

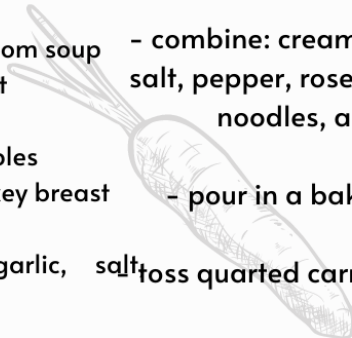
### Ingredients:

- 1 can cream of mushroom soup
- 1/3 c plain greek yogurt
- 1/2 lb cooked pasta
- 1/2 bag frozen vegetables
- 1/4 cubed leftover turkey breast
- quartered carrots
- Dry Seasonings: garlic, salt, pepper, rosemary
- Cooking oil

- combine: cream of mushroom soup, yogurt, garlic, salt, pepper, rosemary. Fold in cubed turkey, cooked noodles, and frozen vegetables. Stir until well combined.

- pour in a baking dish and bake @ 375 until set, about 30 minutes.

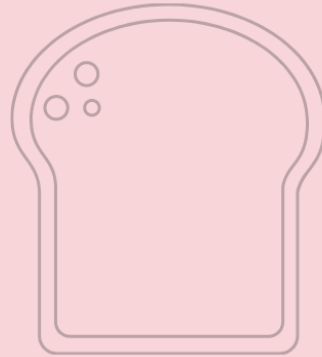
- toss quartered carrots in cooking oil w/ rosemary and salt for 35 minutes





# Day 5

Breakfast



scrambled eggs  
+

toast

Coffee

+

Milk

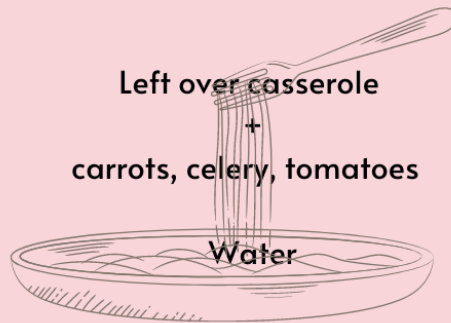
*Pro Tip:*

Make eggs extra fluffy by whisking before pouring them in a skillet. Allow the eggs to firm up on the bottom before stirring to avoid overcooking.

Lunch

Left over casserole  
+

carrots, celery, tomatoes



Water

## Tomato Bisque Soup & Three Cheese Grilled Cheese

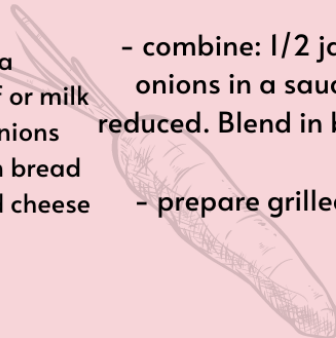
### Ingredients:

- 1/2 jar marinara
- remaining half and half or milk
- 1/4 bag of frozen onions
- remaining sandwich bread
- parmesan, feta, sliced cheese

### Recipe:

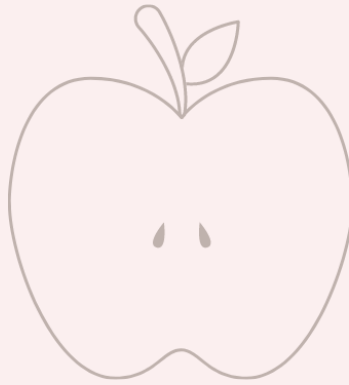
- combine: 1/2 jar of marinara, half and half, frozen onions in a sauce pan. Cook on medium heat until reduced. Blend in blender or w/ immersion blender until soup is thickened.
- prepare grilled cheese sandwiches with assorted cheeses

Dinner



# Day 6

Breakfast



oatmeal  
+  
sliced apples

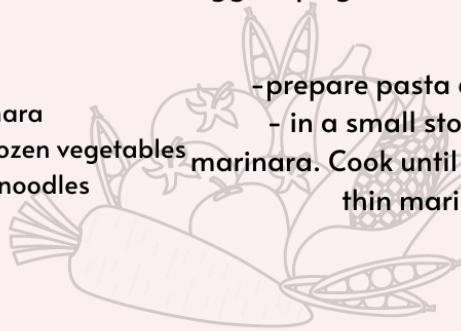
Coffee  
+  
Milk

## Veggie Spaghetti

Lunch

### Ingredients:

- 1/2 jar marinara
- remaining frozen vegetables
- 1/2 lb pasta noodles



Recipe:  
- prepare pasta according to package instructions  
- in a small stock pot add frozen vegetables and marinara. Cook until vegetables are soft. Add water to thin marinara if needed. Serve over pasta.

## Time to Shop

Waiting 7 days to grocery shop was an unpleasant experience. I found myself in a bind more often than not in the early phases of my experience on foodstamps. I found better success when I shopped every 6 days.

If you've enjoyed this guide please share it with your friends!

When you assemble future meals take stock of remaining dry goods and make your list from your existing supplies.