Banana Wrap

**Ingredients**

1 Whole wheat tortilla  $0.39  
1 Banana  $0.29  
2 tablespoons vanilla Greek yogurt  $0.13  
2 tablespoons all natural peanut butter  $0.21  
2 tablespoons granola or chopped nuts  $0.15

**Directions**

Mix together vanilla Greek yogurt and peanut butter  
Spread the mixture on a whole-wheat wrap  
Slice a banana and add it to the wrap  
Top with 2 tablespoons granola or nuts  
Fold up the wrap and eat or put it in tinfoil or saran wrap to take on the go.

**Total Cost:** $1.17 per wrap

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**Grocery Bag Total:** $30.43

= 15 meals!
**Fruit Parfait**

**Ingredients**
- 2/3 cup vanilla Greek yogurt $0.66
- 2 tablespoons granola or nuts $0.15
- 1/2 cup fruit of your choice
  ~Suggestions:
  Mixed frozen berries - $0.90
  Banana – $0.29

**Directions**
Add the following to your bowl, or a container to take on the go:
- 1/3 cup of the vanilla Greek yogurt
- 1/2 cup fruit
- Another 1/3 cup of the vanilla Greek yogurt
- 2 tablespoons nuts or granola

† Find it in the video at 1 minute 47 seconds
**Total cost:** $1.10-1.71

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**Tuna or Chicken Wrap**

**Ingredients**
- 1 can tuna packed in water, drained -- $1.19
  You can substitute chicken or beans if you don’t have tuna! Cannellini beans or chickpeas would work well.
- 1 whole wheat tortilla $0.39
- 1/2 cup spinach $0.22
- 2 slices of tomato (about 1/2 of a small tomato) --$0.50
- 2 tablespoons shredded cheese --$0.14
- 1-2 tablespoons dressing or condiment of your choice — whatever is in your fridge!

**Directions**
Add the spinach and tomato to the wrap shell.
Drain the tuna and mix with 1-2 tb of your choice of condiment. Mayonnaise is traditional, but you can also try mustard, tzatziki sauce, or lemon juice and olive oil.
Add tuna mixture to wrap.
Fold the wrap shell and eat! Or, wrap in

‡ Find it in the video at 2 minutes 44 seconds
**Total cost:** $2.44
## Bean Wrap

### Ingredients
- ½ cup black beans -- $0.14
- Whole wheat tortilla -- $0.39
- ¼ cup shredded cheese -- $0.28

### Directions
Drain and rinse a can of black beans
Add the black beans, cheese, and salsa to the wrap.
Fold up the wrap. If you want, heat it in the microwave for 30 seconds before eating. Eat right away or wrap and take on the go. **Do not put tin-foil in the microwave!** Put it in a glass dish or on a few paper towels.

*Find it in the video at 4 minutes 8 seconds*

**Total cost: $1.08**

## Pasta Salad

### Ingredients
- 1 cup whole wheat pasta-- $0.22
- 1 small tomato--$1.00
- ½ cucumber--$0.50
- 3 ounces leftover chicken
- 2 tablespoons shredded cheese--$0.14
- 2 tablespoons dressing of your choice from your fridge!

### Directions
Scoop 1 cup of leftover pasta into your bowl or container.
Slice 1 small tomato, ½ cucumber, and 3 ounces leftover chicken (about the size of your palm) and add to the noodles.
Top with 2 tablespoons shredded cheese and 2 tablespoons dressing of your choice. Italian dressing works well!
Enjoy now or take on the go!

*Find it in the video at 4 minutes 41 seconds*

**Total cost: $1.86**