

40 Frugal Meal Ideas

For nutritional value, add fruits & vegetables to your meals. However, I am not a dietitian; these meal ideas are not meant to be nutritional advice. Consult your health care provider regarding health related decisions.

- 1) Quiche with Rice Crust and Banana Bread
- 2) Macaroni and Cheese Casserole
- 3) Lentils and Rice
- 4) Eggs and Toast
- 5) Pasta and Sauce
- 6) Pasta with Butter and Parmesan
- 7) Brown Beans and Cornbread
- 8) Pasta Salad--with pasta and Italian dressing, and the veggies are up to you
- 9) Bean Burritos
- 10) Pancakes--can be made with fruit or peanut butter to up nutritional value
- 11) Grilled Egg and Cheese Breakfast Sandwich--can make with or without bacon
- 12) Canned Soup and Oven Grilled Cheese
- 13) French Toast
- 14) Peanut Butter and Banana Sandwich
- 15) Peanut Butter and Jelly Sandwich
- 16) Peanut Butter and Fluff Sandwich
- 17) Homemade Cheese Pizza
- 18) Eggs and Homemade Muffins
- 19) Egg Salad Sandwiches
- 20) Cheese Quesadillas
- 21) Tuna Salad Sandwiches
- 22) Tuna Melts
- 23) Cereal and Fruit
- 24) Oatmeal and Fruit
- 25) Baked Oatmeal
- 26) Pumpkin Bread and Eggs

- 27) Pasta with Alfredo Sauce
- 28) Veggie Stir Fry with Rice
- 29) Fruit Smoothies
- 30) Homemade Waffles and Fruit
- 31) Bagels and Cream Cheese and Bananas
- 32) Chicken Thighs in Crockpot with BBQ Sauce
- 33) Fried Potatoes and Onions--My dad would make this every Saturday night when I was a kid.
- 34) Homemade Biscuits and Gravy--I used to watch my grandma make them every time we visited.
- 35) Baked Potatoes--with various toppings from leftovers like pieces of meat, veggies and cheese
- 36) Fried Rice--with whatever bits of meat leftovers, chicken, ham or egg, and any leftover veggies like broccoli or carrots
- 37) Potato Soup--a bag of potatoes can be stretched over multiple meals, depending on family size.
- 38) Perogies--make a very filling meal, and go well with many veggies, found in the freezer section
- 39) Split Pea Soup--the ham/ham bone is optional
- 40) Navy Bean and Ham Soup