



# \$1 LUNCHESES

Healthy budget lunch recipes for less than \$1 per serving!

Being healthy doesn't have to mean spending an arm and a leg, despite what many people believe! With budget shopping and a little creativity, you have countless options for healthy breakfasts that won't break the bank! These options are also great for on-the-go lunches!



### CREAMY QUESADILLA

- 1 medium whole wheat tortilla
- ¼ cup chickpeas
- ¼ avocado
- ¼ cup kale
- 3 Tbsp sharp Cheddar cheese



### TACO SALAD

- ½ cup black beans
- taco seasoning to taste
- 2 Tbsp shredded cheese
- ¼ cup canned tomatoes
- 2 cups iceberg lettuce/mixed greens
- 2 Tbsp salsa



### TURKEY PUMPKIN MEATBALLS

- 1lb lean ground turkey
- 1 cup cooked sweet potato or pumpkin, mashed
- 1 egg
- 1 tsp garlic powder
- ½ cup onions
- 2 strips bacon/turkey bacon
- 2 Tbsp parsley
- ½ cup grated carrot

- Mash the chickpeas and avocado together with a fork. Spread mixture onto tortilla.
- Layer on other ingredients on half of the tortilla.
- Fold over the tortilla and transfer to a sprayed pan over medium high heat. Cook for 3-5 minutes, until golden brown, and then flip to cook the other side. Enjoy!

- Add beans, tomatoes and taco seasoning to a pan over medium high heat and saute to combine and heat through.
- Transfer to a jar with shredded cheese, salsa, and lettuce, making sure lettuce is on top or in a separate jar for on-the-go purposes. Enjoy!

- Preheat oven to 400°F (200°C).
- Combine all ingredients in a bowl and mix well to integrate. Use a small cookie scoop to scoop out the meat mixture and use your hands to mold into a ball.
- Transfer to a glass baking dish and bake for 18-20 minutes, flipping once.
- Serve over rice or as you desire! Enjoy!

### NUTRITION serves 1

259 cal | 129g carbs | 13g fat | 11g protein

### NUTRITION serves 1

172 cal | 25g carbs | 5g fat | 12g protein

### NUTRITION serves 4

255 cal | 9g carbs | 12g fat | 27g protein

### YOGURT DIPPING SAUCE for pumpkin meatballs

Combine:

- 1 cup plain Greek yogurt, fresh lemon juice from 1 lemon, 1 tablespoon chopped fresh parsley, 1 tsp dill, ¼ teaspoon salt, ¼ teaspoon pepper



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