$1 Lunches

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
1/4 cup chickpeas
1/4 avocado
1/4 cup kale
3 Tbsp sharp Cheddar cheese

- 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!

**TACO SALAD**
1/2 cup black beans
taco seasoning to taste
2 Tbsp shredded cheese
1/4 cup canned tomatoes
2 cups iceberg lettuce/mixed greens
2 Tbsp salsa

- 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!

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

- Preheat oven to 400ºF (200ºC).
- 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

YouTube.com/mindovermunch

Watch this video!