

# MyPlate Planning for Savings

## LEFTOVERS EDITION

Leftovers don't have to be an afterthought. Make a plan to repurpose leftovers for future meals and snacks. Plan for savings by putting groceries and pantry items to good use in multiple ways! **Purchase core items from the store** – such as fresh protein, produce, and low-fat dairy foods – **and mix & match them with kitchen staples** like pasta, rice, shelf-stable veggies and fruits, canned or dried beans and peas, and spices and herbs to create flavorful meals that feel different each day. **Here are tips to help you save time and money:**

### Plan Ahead

#### IDENTIFY ITEMS to mix and match

Create distinct, flavorful dishes weekly with a few protein foods, whole grains, vegetables, and fruits. Have low-fat and fat free yogurt and/or your favorite milk (or lactose-free dairy or fortified soy versions) on hand to add nutrition to dishes.

#### MAKE A PLAN to reuse leftovers

Store them in individual portions for single-serve meals or reimagine leftovers as a new dish.

#### SET ASIDE A DAY to prep for the week

Grill or air fry pork. Hard boil eggs. Roast veggies. Make a large batch of a grain food – like rice or pasta – to heat when needed throughout the week.



### Purchase Ingredients

#### FRESH ITEMS to buy at the store

- Lemons
- Potatoes
- Carrots
- Onions
- Spinach
- Fresh pork (e.g., chop, tenderloin)
- Eggs
- Whole grain rolls
- Plain low-fat Greek yogurt
- Low-fat milk

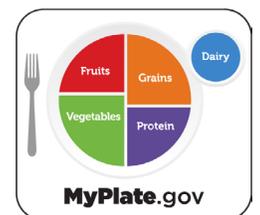
#### STAPLES to stock

- Frozen peaches
- Pineapples in juice
- Canned beans: white, pinto, or other favorites
- Frozen broccoli
- Dried herbs: chives, Italian seasoning, parsley, thyme
- Canned fish: tuna, salmon, sardines
- Brown rice
- Pasta
- Spices: cinnamon, black pepper, garlic powder, ginger powder, onion powder, paprika, red pepper flakes

### The Basics

#### CHOOSE NUTRITIOUS, LOWER-COST OPTIONS from each food group

Food groups	Lower cost examples
Fruits	Bananas, oranges, unsweetened applesauce, canned peaches or pineapples in juice
Vegetables	Beans, broccoli, spinach, green beans, onions, celery, carrots, potatoes
Grains	Oatmeal, whole wheat crackers, popcorn, whole wheat bread, brown rice
Protein Foods	Pork chop/roast, peanut butter, chicken breast, tofu, canned tuna
Dairy	Low-fat (1%) and nonfat regular or lactose-free milk, nonfat and unsweetened soy beverage, low-fat and nonfat yogurt



#### SHOP THE SALES to keep healthy staples on hand

Healthy options can be found in any section of the store. Use food labels to compare.

#### BUY DRIED SPICES AND HERBS to take your dishes to the next level

Create spice blends with your family's favorites.

# MEAL INSPIRATION



Season baked pork chops with garlic powder, ginger, and black pepper and top with peach sauce

Roast potatoes with parsley and thyme



Flavor pork tenderloin with paprika, garlic powder, and onion powder and top with pineapple

Season carrots with parsley and top baked potato with Greek yogurt and dried chives



Toss pasta, broccoli, and white beans with Italian herbs for a dish that is delicious hot or cold



Make a power salad with leftover roasted potatoes and white beans

Top with a flavorful dressing made with Greek yogurt, lemon juice, and your favorite herbs and spices



Warm up leftovers with Italian seasoning, garlic powder, and black pepper in broth for a quick-cook soup



Enjoy with a whole grain roll



Use leftover veggies in a breakfast casserole like a Spanish tortilla made with potatoes and onions



Mix leftovers from a few meals to make fried rice and top with dried chives



Try a Mediterranean style pasta with tuna and spinach topped with lemon juice, garlic powder, and red pepper flakes

## More to Eat and Enjoy!

If you have ingredients left over, you can make other nutritious and delicious dishes with the same foods, spices, and herbs. For instance:

### SATISFY YOUR SAVORY SIDE

- Stir-fry with pork, onions, broccoli, canned pineapple, ginger, red pepper flakes, and rice
- Baked potato topped with spinach and white beans seasoned with parsley, garlic powder, black pepper, and dried chives
- Tuna salad sandwich made with onions, plain Greek yogurt, lemon juice, garlic powder, parsley, and black pepper and served on a whole grain roll



### SATISFY YOUR SWEET TOOTH

*using the same ingredients in different ways*

#### Pineapple

- Mix pineapple with fresh fruit for a fruit cup
- Sprinkle paprika on pineapple for a sweet and spicy snack

#### Peach

- Layer yogurt with peaches and cinnamon to make a parfait
- Blend frozen peaches, pineapple, ginger, cinnamon, and milk for a smoothie



Food safety tips for leftovers



For more meal and snack inspiration, visit the MyPlate Kitchen at [myplate.gov/myplate-kitchen](https://myplate.gov/myplate-kitchen). Use the search function to find a recipe with leftover ingredients.