

EASY \$50 MEAL PLAN FOR FOUR

Budget Meal Plan 1

This menu was created to feed the average family of four. Considerations for children (light eaters), teenagers (heavy eaters), food allergies or any other eating patterns are not included.

This menu is 100% real food, but it was not written to include organic, grass-fed or any other qualities of real food. These things are great, but they're not required for a real food diet. If your budget is only \$50 for the week, these qualities need to be momentarily set aside until your financial situation can afford them.

Snacks and dessert are not included. When you are forced into a very lean grocery budget, these things become luxuries. If you **MUST** have snacks or desserts, I encourage you to use what you already have on hand.

There is a meal planned for every breakfast, lunch and dinner, but eating leftovers should be priority. Not eating food you've already paid for and cooked is a waste of money, and when you're going through financial crises, you can't afford to waste anything.

This menu is seasonal, so adjust produce as necessary to fit the season you're in. Aim for \$1 per pound of fresh produce, and don't rule out frozen if it's less expensive.

» **Check out our monthly produce guides!**

Serve fruit with breakfast and lunch. I've included basic recipes for these, but adding fruit rounds them out as a whole meal. Also feel free to substitute your family's favorite fruit instead of what is called for in the recipes. The following fruits are likely to be most affordable in Summer:

- Strawberries
- Cherries
- Blueberries
- Apples
- Bananas

The Menu

	Breakfast	Lunch	Dinner
Day 1	Instant Pot Oatmeal + Bananas	Hummus + Veggie Sticks	Baked Chicken // Corn on the Cob // Baked Potatoes
Day 2	Potato + Egg Hash	Tuna Salad on Homemade Crackers	Savory Pasta with Bacon, Onions, and Greens
Day 3	Instant Pot Oatmeal + Bananas	Peanut Butter Sandwiches + Fruit	Garden Salad with Chicken + Bacon
Day 4	Instant Pot Oatmeal + Bananas	Hummus + Veggie Sticks	Minestrone Soup // Basic Biscuits
Day 5	Potato + Egg Hash	Tuna Salad on Homemade Crackers	Chicken Sandwiches // Roasted Potato Wedges // Carrots
Day 6	Toast + Apples	Egg Salad Biscuits	Spaghetti + Sauce // Side Salad
Day 7	Instant Pot Oatmeal + Bananas	Peanut Butter Sandwiches + Fruit	Vegetable Fried Rice

The Shopping List

Cold Case

<input type="checkbox"/> butter	18 tbsp + 8 tsp	<input type="checkbox"/> egg	14
<input type="checkbox"/> butter (optional)	4 tbsp	<input type="checkbox"/> milk (any)	0.75 cup
<input type="checkbox"/> cheese	4 slices	<input type="checkbox"/> Parmesan (optional)	4 tbsp + 1 oz

Frozen

<input type="checkbox"/> frozen mixed vegetables (peas, carrots, corn, etc)	2 cups
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Meat

<input type="checkbox"/> bacon	1 lb	<input type="checkbox"/> chicken	3 lb
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Pantry

<input type="checkbox"/> active dry yeast	2.25 tsp	<input type="checkbox"/> olive oil	14 tbsp + 2 tsp
<input type="checkbox"/> all-purpose flour	7.50 cups	<input type="checkbox"/> peanut butter	1.25 cup
<input type="checkbox"/> baking powder	2.50 tsp	<input type="checkbox"/> peanut butter (optional)	1 cup
<input type="checkbox"/> buffalo sauce (optional)	4 tbsp	<input type="checkbox"/> pita pockets* (optional)	8
<input type="checkbox"/> can cannellini beans*	1 (15 oz)	<input type="checkbox"/> raisins	4 tbsp
<input type="checkbox"/> can chickpeas*	3 (15 oz)	<input type="checkbox"/> rolled oats	8 cups
<input type="checkbox"/> can diced tomatoes	1 (15 oz)	<input type="checkbox"/> salad dressing*	1 cup
<input type="checkbox"/> can tuna	4 (5 oz)	<input type="checkbox"/> small pasta (macaroni, shells, elbows, etc.)	8 oz
<input type="checkbox"/> chicken stock or broth*	4 cups	<input type="checkbox"/> soy sauce or aminos	2 tbsp
<input type="checkbox"/> coconut oil	2 tbsp	<input type="checkbox"/> spaghetti noodles	24 oz
<input type="checkbox"/> flour	3 cups	<input type="checkbox"/> sugar	2 tbsp
<input type="checkbox"/> honey or maple syrup (optional)	1 cup	<input type="checkbox"/> sunflower seeds	0.25 cup
<input type="checkbox"/> lemon juice	2 tbsp	<input type="checkbox"/> tomato basil sauce*	24 oz
<input type="checkbox"/> mayo*	0.75 cup	<input type="checkbox"/> white rice	2 cups

Produce

<input type="checkbox"/> apple	2	<input type="checkbox"/> iceberg lettuce	1 head
<input type="checkbox"/> baby carrots	1 lb	<input type="checkbox"/> kale	2 cups
<input type="checkbox"/> banana	4 cups	<input type="checkbox"/> kale or other greens	1 lb
<input type="checkbox"/> bell pepper (any)	3	<input type="checkbox"/> lettuce leaves (optional)	4
<input type="checkbox"/> carrot	7	<input type="checkbox"/> onion	3
<input type="checkbox"/> celery	7 ribs	<input type="checkbox"/> onion (optional)	0.5
<input type="checkbox"/> cherry tomatoes	1 pt	<input type="checkbox"/> russet potato	12
<input type="checkbox"/> cucumber	5.5	<input type="checkbox"/> seasonal fruit (fresh)	1 lb
<input type="checkbox"/> ear of corn	4	<input type="checkbox"/> tomato	1
<input type="checkbox"/> garlic	6 cloves	<input type="checkbox"/> tomato (optional)	1
<input type="checkbox"/> green leaf lettuce	1 head		

Spices

<input type="checkbox"/> bay leaf	1	<input type="checkbox"/> Italian seasoning*	1 tsp
<input type="checkbox"/> cayenne (!)	0.50 tsp	<input type="checkbox"/> paprika	0.13 tsp
<input type="checkbox"/> coriander	1 tsp	<input type="checkbox"/> pepper	3.50 tsp
<input type="checkbox"/> cumin	2.50 tsp	<input type="checkbox"/> sage	1 tbsp
<input type="checkbox"/> garlic powder	0.25 tsp	<input type="checkbox"/> salt	10.50 tsp
<input type="checkbox"/> ginger	1 tbsp	<input type="checkbox"/> salt (optional)	2.25 tsp

**These items can be made from scratch to reduce costs. Check the links in the recipes below or visit DontWastetheCrumbs.com and type the item in the search bar.*

Breakfast Recipes

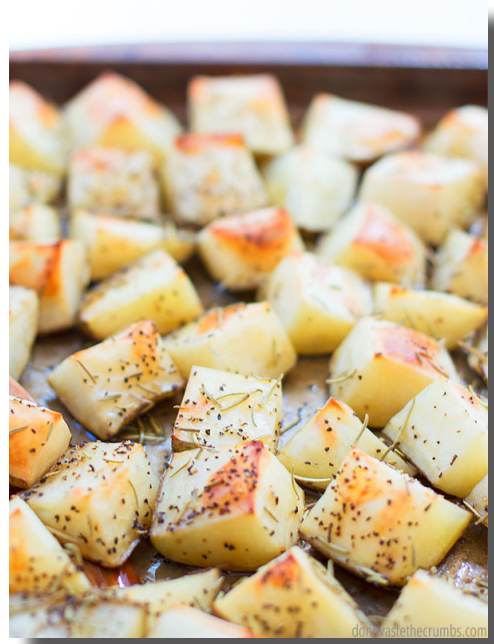
Potato & Egg Hash

INGREDIENTS

- 2 russet potatoes, sliced ¼" thick
- 2 Tbsp butter
- 4 eggs
- ½ tsp salt
- ¼ tsp pepper, to taste

INSTRUCTIONS

1. Melt the butter in a large pan. Add the potatoes and turn every few minutes until most of them are brown and cooked through, about 15 minutes.
2. Add eggs. You can either leave the eggs alone, or stir to scramble the eggs with the potatoes. Cook until eggs are cooked as desired. Season with salt and pepper.



Instant Pot Oatmeal

INGREDIENTS

OATMEAL

- 2 cups rolled oats
- 5 cups water
- 1 Tbsp butter (optional)
- ½ tsp salt (optional)

TOPPING BAR (OPTIONAL)

- ¼ cup peanut butter (optional)
- 1 cup banana
- ¼ cup honey or maple syrup (optional)



INSTRUCTIONS

1. Combine 2 cups rolled oats, 5 cups water, 1 Tbsp butter (optional) and ½ tsp salt (optional) in the Instant Pot.
2. Close the lid and make sure the sealing valve is turned to the sealing position.
3. Cook on high pressure for 4 minutes. When the oatmeal is finished, use the Quick Pressure Release method by carefully turning the sealing valve from the sealing position to the venting position. Make sure your face and hands are not over the valve when you do this.
4. When the oatmeal is finished, use the Quick Pressure Release method by carefully turning the sealing valve from the sealing position to the venting position. Make sure your face and hands are not over the valve when you do this.
5. When the pressure has released, serve and top as desired!

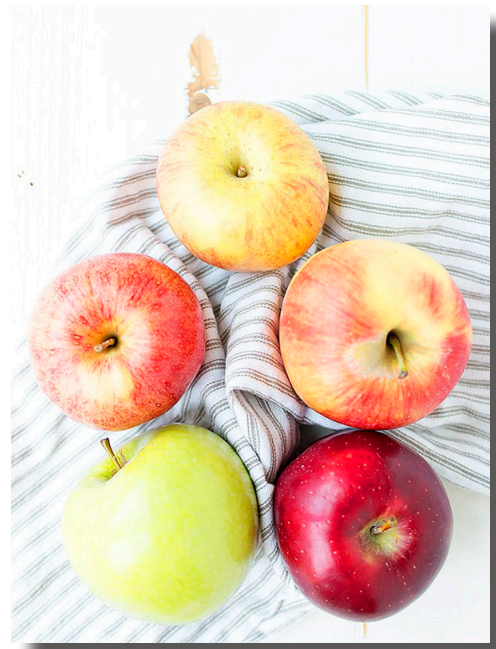
Toast + Apples

INGREDIENTS

- ½ loaf homemade bread, sliced
- 4 tsp butter
- 2 apples, sliced
- 4 Tbsp peanut butter

INSTRUCTIONS

1. Toast bread in toaster oven or in oven on broil.
2. Top toast with butter.
3. Serve with sliced apples and peanut butter.



Lunch Recipes

Hummus + Vegetables

INGREDIENTS

HUMMUS

- 1 (15 oz) can chickpeas
- 1 clove garlic
- 3 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 tsp cumin
- ¼ tsp cayenne (!)
- ½ tsp salt
- 2-4 Tbsp water

VEGETABLES

- 2 carrot cut into sticks
- 2 cucumber sliced
- 1 bell pepper (any) sliced
- 2 ribs celery cut into sticks
- 4-6 pita pockets (optional)

INSTRUCTIONS

1. Put the garbanzo beans, olive oil, ½ Tbsp lemon juice, spices and 2 Tbsp of water in a food processor OR a high powered blender.
2. Process the beans until they are smooth. You may need to add water, 1 Tbsp at a time and up to 2 additional Tbsp, in order to achieve the right consistency.
3. Taste the hummus and add additional spices or lemon juice if desired. I almost always add a total of 1 tsp of cumin and ¾ tsp of cayenne pepper. Process again and taste again, adjusting the spices as needed.
4. Serve with raw vegetables or pita bread!



Tuna Salad

INGREDIENTS

- 2-5 oz cans tuna, drained
- ¼ cup mayo
- 2-3 Tbsp raisins
- 2 Tbsp onions, chopped
- 2 Tbsp celery, chopped
- homemade crackers (staple recipe)

INSTRUCTIONS

1. Place tuna in a bowl and break apart with a fork
2. Add mayo, raisins, onions, celery. Mix well.
3. Serve with homemade crackers



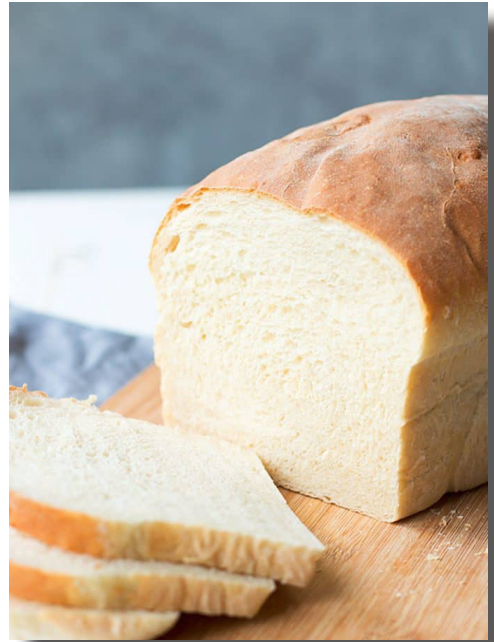
Peanut Butter Sandwiches

INGREDIENTS

- ½ loaf homemade bread (staple recipe)
- ½ cup peanut butter
- ½ lb seasonal fruit

INSTRUCTIONS

1. Smear about 2 Tbsp of peanut butter on one side of one piece of bread. Top with a second piece of bread.
2. Repeat with the remaining peanut butter and bread to make 4 sandwiches.
3. Serve with sliced fruit.



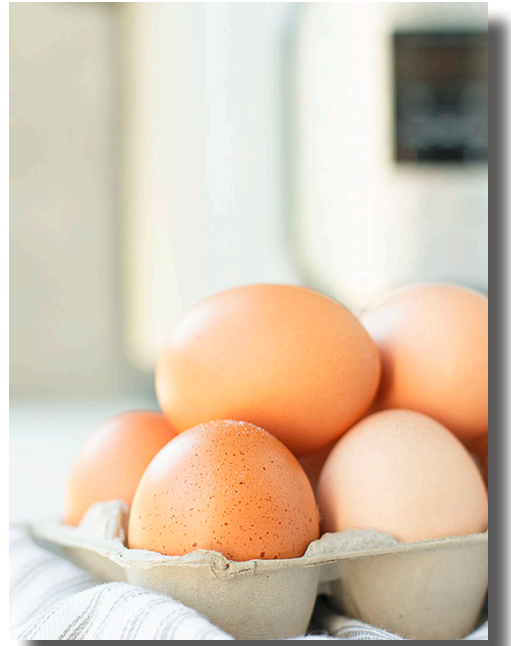
Egg Salad + Biscuits

INGREDIENTS

- 4 eggs, hard boiled ([how to make in Instant Pot](#))
- ¼ cup mayo
- dash paprika
- ½ tsp salt
- ¼ tsp pepper, to taste
- 6 reserved biscuits (see note on Dinner Biscuits recipe)

INSTRUCTIONS

1. Cut up hard boiled eggs into small chunks and place in bowl.
2. Add mayo, paprika, salt and pepper. Mix well.
3. Serve on homemade biscuits.



Dinner Recipes

Easy Baked Chicken

INGREDIENTS

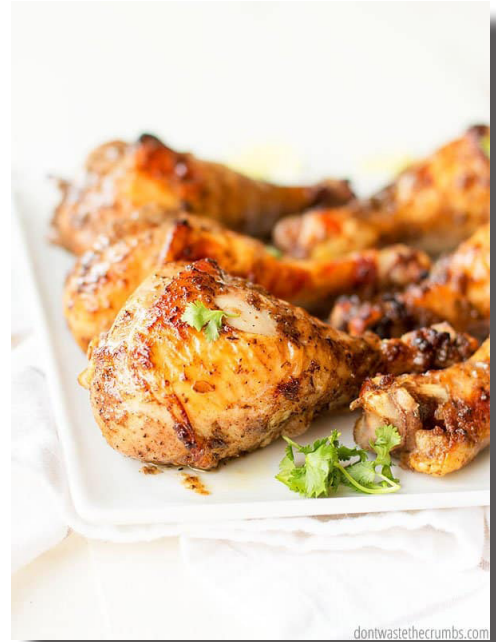
- 3 lbs chicken, any cut
- 1 Tbsp olive oil
- 1 tsp salt
- ½ tsp pepper
- 1 tsp coriander
- ½ tsp cumin
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INSTRUCTIONS

1. Preheat oven to 425F.
2. Place chicken in a large baking dish. Spread olive oil over chicken. Mix spices and sprinkle over 1 lb of the chicken, rubbing well. Season the remaining 2 lbs of chicken with salt and pepper. (It's ok if the chicken touches in the baking dish and flavors mingle.)
3. Bake chicken for 30-35 minutes until juices run clear.

NOTES

Serve ⅓ of the chicken with dinner, shred and reserve the remaining chicken for later in the week.



Corn on the Cob

INGREDIENTS

- 4 ears of corn
- 4 Tbsp butter
- ½ tsp salt
- ½ tsp pepper

INSTRUCTIONS

1. Bring a large pot of salted water to a boil.
2. Add corn and cook 5 minutes. Drain corn and brush with melted butter, then season with salt and pepper.

Baked Potatoes

INGREDIENTS

- 4 russet potatoes washed and scrubbed
- 1 tsp salt
- 4 Tbsp olive oil

INSTRUCTIONS

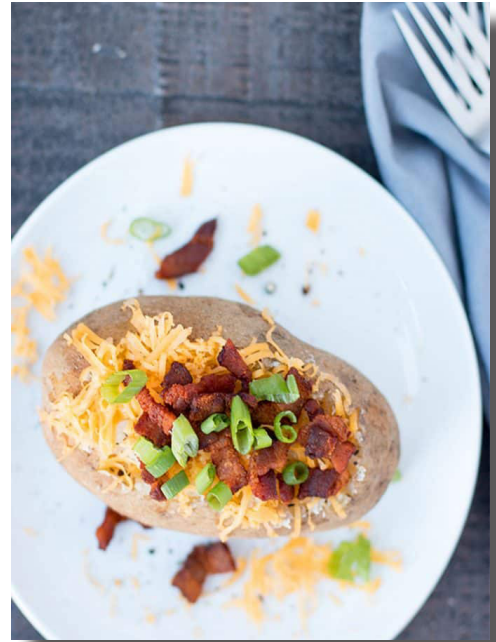
1. Add 1 cup of room temperature or cold water and the trivet to the Instant Pot. (If you have an 8 quart Instant Pot, add 1 ½ cups water).
2. Poke each potatoes at least twice with a fork or a knife to allow steam to escape while cooking.
3. Place the potatoes on the trivet, place the lid on the Instant Pot, and set the pressure valve to “sealing.” Cook on high pressure for 10-20 minutes, depending on the size of your potato (see notes below).
4. When the timer goes off, let the pressure release naturally.

NOTES

The cook time depends on the size of the potato. Use this guide to help determine how long to cook your potato in the Instant Pot:

- Small Potatoes (2-inch or less in diameter, or 4-5 ounces): 10 minutes cook time
- Medium Potatoes (2-3-inch in diameter, or 6-7 ounces): 12 minutes cook time
- Large Potato (3-4-inch in diameter, or 8-10 ounces): 16 minutes cook time
- Extra Large Potato (4-4.5-inch in diameter, or 11-13 ounces): 20 minutes cook time

Alternatively, you can bake the potatoes in the oven. Wrap each potato in foil after poking. Bake in the oven at 350F for 35-45 minutes, until soft.



Savory Pasta with Bacon, Onion, and Greens

INGREDIENTS

- ½ lb bacon
- 1 large onion, thin sliced
- 2 Tbsp butter
- 1 lb kale (or other summer green)
- 8 oz spaghetti noodles
- ¼ tsp garlic powder
- ½ tsp salt
- ¼ tsp pepper, to taste

INSTRUCTIONS

1. In a large skillet, cook bacon until almost crispy. Remove bacon from the pan but leave the grease. Add onion and cook over low heat for 20 minutes, stirring occasionally.
2. Meanwhile, prepare pasta al dente according to package directions. Drain.
3. Add the summer greens and cook until onions are caramelized and greens are wilted and cooked through, about 15 minutes. Add butter or additional bacon grease if the onions and greens seem dry.
4. Season with salt, pepper and garlic powder.
5. Add finished onion/chard and bacon to pasta and stir well to combine. Season to taste with salt & pepper.



Garden Salad with Chicken and Bacon

INGREDIENTS

- ½ lb bacon
- ½ head green leaf lettuce, shredded
- ½ head iceberg lettuce, shredded
- ½ cucumber, sliced
- 1 carrot, diced
- 1 small tomato, sliced
- ¼ cup sunflower seeds
- 1 portion reserved chicken

INSTRUCTIONS

1. Cook bacon on a foil lined pan at 350F for 15 minutes or until crispy. Crumble when cooled.
2. Divide lettuce, cucumber, carrot, and tomato in four bowls. Top with sunflower seeds, reserved chicken, and bacon crumbles.

NOTE

Serve with whatever salad dressings you have in the fridge! Or if you need something easy to make from pantry ingredients, try [Homemade Italian Dressing](#) or [Homemade Ranch Dressing](#).



Minestrone Soup

INGREDIENTS

- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 celery ribs, diced
- 1 large onion, chopped
- 14.5 oz can diced tomatoes with juices
- 1 bay leaf
- 1 Tbsp dried sage
- 4 cups chicken stock ([how to make homemade](#))
- 1 (15 oz) can cannellini beans ([how to make homemade](#))
- 2 cups kale
- 8 oz small pasta
- 4 Tbsp parmesan (optional)
- ½ tsp salt
- ¼ tsp pepper, to taste

INSTRUCTIONS

1. Heat olive oil and garlic in a large soup pot over medium high heat and sauté until the garlic is lightly browned. Add carrot, onion and celery and cook, stirring often, until vegetables start to soften and brown. Season with salt and pepper.
2. Add tomatoes, bay leaf, sage and chicken stock. Simmer uncovered for approximately 30 minutes. Add the beans and kale and continue to simmer for 20-30 minutes. Season to taste with salt and pepper.
3. About 15 minute before the soup is ready, cook pasta in a separate pot until al dente. Drain well and serve ½ - ¾ cup pasta in serving bowls. Ladle the soup over the pasta and sprinkle generously with grated cheese.



Basic Biscuits

INGREDIENTS

- 2 cups all-purpose flour
- 2 ½ tsp baking soda
- ¾ tsp salt
- 6 Tbsp butter
- ½-¾ cup milk

INSTRUCTIONS

1. Preheat oven to 450F.
2. Combine the flour, baking powder and salt in a large bowl.
3. Cut in the butter with a pastry blender or your hands, taking care not to melt the butter or create a paste. The mixture should resemble coarse breadcrumbs.
4. Add ½ cup of milk and combine until the flour is moistened. Knead the dough into a ball, pressing against the sides of the bowl to pick up any small pieces of dough. If additional milk is needed, add just 2 Tbsp at a time, kneading thoroughly after each addition.
5. Note: The dough should not be wet enough to stick to your hands or the bowl. It should be dry enough to handle easily, and when you're done kneading, the bowl should be fairly clean.
6. For drop biscuits: Pull off a golf ball-sized portion and form into a ball. Press down slightly and place the biscuits on a large cookie sheet, 1" apart.
7. For rolled biscuits: Roll out the dough into a rectangle, approximately ½" thick. Cut into equal pieces and place on a large cookie sheet, 1" apart.
8. Bake for 8 minutes.
9. Rotate the pan 180 degrees and bake for another two minutes, if needed. The biscuits should be light golden brown on the bottom, and barely browning on top.

NOTES

Serve ½ the biscuits with dinner; reserve the rest for lunch Egg Salad Biscuits.



Grilled Chicken Sandwiches

INGREDIENTS

- ½ loaf homemade bread (staple recipe)
- 1 portion reserved chicken
- 4 slices of cheese
- 4 tsp butter

Optional:

- 4 Tbsp buffalo sauce
- 4 lettuce leaves
- 1 tomato, sliced
- ½ onion, sliced
- any tasty leftovers in the fridge you might want on a sandwich!

INSTRUCTIONS

1. Heat griddle on medium heat and melt 1 tsp butter.
2. Put together one sandwich with chicken and cheese and any optional toppings available.
3. Cook on griddle until one side is toasted, then flip. Cook until warmed through.
4. Repeat with remaining sandwiches.

Roasted Potato Wedges

INGREDIENTS

- 4 russet potatoes
- 2 tsp olive oil
- 1 tsp salt
- 1 tsp pepper
- 1 tsp Italian seasoning

INSTRUCTIONS

1. Preheat oven to 400F
2. Scrub potatoes and thoroughly dry.
3. Cut the potatoes lengthwise, the skinny way. Placing half of the potato cut down on the cutting board, cut it in half, and then each half in half. Repeat with the other portion of potato. Each potato should yield 8 wedges.
4. Combine cut potatoes and olive oil in a large bowl and toss well to ensure all the potatoes are thoroughly covered in oil, yet not drenched.
5. Place them on a cooked sheet, skin side down, and sprinkle liberally with salt, pepper and Italian seasoning.
6. Bake in the oven for 25-35 minutes, until the tops and sides begin to brown nicely.



Steamed Carrots

INGREDIENTS

- 1 cup water
- 1 lb baby carrots
- 2 Tbsp butter
- ½ tsp salt
- ¼ tsp pepper

INSTRUCTIONS

1. Add 1 cup water to the bottom of a saucepan. Place 1 lb carrots in a steamer basket, or place carrots directly in the water.
2. Bring to a boil, reduce heat to a simmer and cover. Allow carrots to steam 8-11 minutes or until tender-crisp. If you're not using a steaming basket, crack the lid and stir every few minutes.
3. Toss carrots with butter, salt, and pepper. Serve warm.

Spaghetti + Sauce

INGREDIENTS

- 16 oz spaghetti noodles
- 4 cups water
- 24 oz tomato basil sauce
- 1 oz Parmesan (optional) grated

INSTRUCTIONS

1. Turn a burner to high while you fill a pot with 4 cups of water. Cover askew.
2. When the water boils, break spaghetti in half over the pot and add noodles. Set a timer for 9 minutes to cook until al dente. Drain in a colander.
3. Heat tomato sauce in the saucepan and add drained spaghetti to the heated sauce. Stir. Top with shredded parmesan if desired.



Side Salad

INGREDIENTS

- ½ head green leaf lettuce
- ½ head iceberg lettuce
- 1 cucumber sliced
- 1 pint cherry tomatoes halved

INSTRUCTIONS

1. Cut lettuce into bite sized pieces and add to a large salad bowl.
2. Slice cucumber and tomatoes, if desired, and add to salad bowl.

NOTE

Serve with whatever salad dressings you have in the fridge! Or if you need something easy to make from pantry ingredients, try [Homemade Italian Dressing](#) or [Homemade Ranch Dressing](#).

Vegetable Fried Rice

INGREDIENTS

- 2 cups white rice
- 2 Tbsp coconut oil
- 2 egg
- 2 cloves garlic
- 1 Tbsp ginger
- ½ cup celery
- 2 cups frozen mixed vegetables (peas, carrots, corn, etc)
- ½ cup bell pepper (any)
- ½ cup onion
- 1 (15 oz) can garbanzo beans
- 2-4 Tbsp soy sauce or aminos



INSTRUCTIONS

1. Add 2 cups rice in the Instant Pot. Add 2 cups water. Cook on high pressure for 4 minutes. Quick release pressure when timer goes off.
2. In a wok or very large skillet, add fat and heat over medium high heat until it melts.
3. Add eggs, then scramble the eggs in the pan with a spatula or wooden spoon. Add onion, garlic and ginger and cook, stirring often.
4. When the eggs are translucent, add the remaining vegetables and stir-fry for 2-5 mins.
5. Add rice and fold to fully incorporate with the vegetables. (Pre-cooked meat could also be added at this point.)
6. Gently fold in beans before adding soy sauce. Stir vegetable fried rice well and serve.

NOTE

This meal is great for using up leftover veggies and protein in the fridge. Feel free to add anything you want to use up.

Staple Recipes

Homemade Bread

INGREDIENTS

- 1 ½ cups warm water
- 2 ¼ tsp yeast (one packet)
- 2 Tbsp sugar
- 2 tsp salt
- 2 Tbsp olive oil
- 3 ½ - 4 cups all-purpose flour

INSTRUCTIONS

1. Combine yeast and warm water in a bowl or in the bowl of a stand mixer and allow yeast to bloom.
2. Add remaining ingredients and knead until the dough is smooth and elastic, about 10 minutes.
3. Cover with a towel and allow to rise in a warm place until doubled in size, about 1–1 ½ hours.
4. Pour onto a lightly floured surface and flatten to about 2" tall. Separate into two equal parts. Working with one section at a time, gently punch the dough down and out, then folding the dough over itself.
5. Turn ¼ turn. Repeat this punching and turning process 3-4 times. Shape the dough into a log and place it smooth side up into a loaf pan. Repeat with the remaining dough. Cover both loaves with a towel and allow to rise in a warm place until doubled in size, about 45-60 minutes. Preheat the oven to 400F.
6. When the dough is ready, slash the top lightly with a serrated knife. Bake the loaves for 25-30 minutes, or until the top is browned and the loaf sounds hollow when tapped on the bottom.
7. Allow to cool completely before slicing.

NOTE

Makes two loaves. Use ½ loaf for breakfast toast, 1 loaf for lunch sandwiches, ½ loaf for dinner grilled sandwiches.



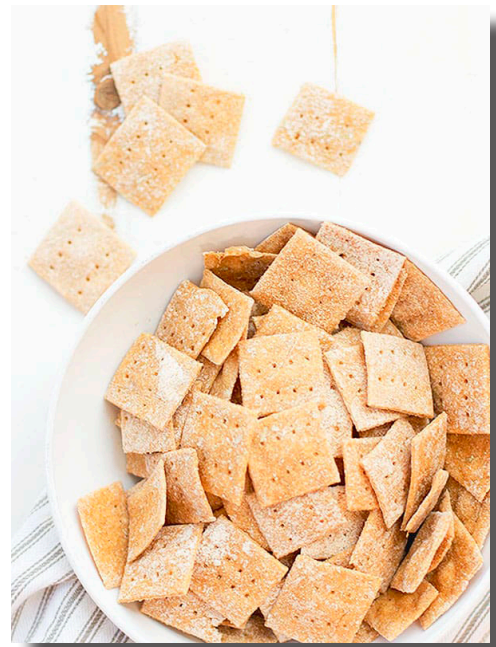
Homemade Crackers

INGREDIENTS

- 1 cup flour, plus more for flouring surface
- $\frac{1}{3}$ cup + 2-4 Tbsp water
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp sea salt for topping (optional)

INSTRUCTIONS

1. Using your hands, combine flour and $\frac{1}{3}$ cup of water in a medium bowl. Mix well until all the flour has been incorporated. The dough will be stiff, but add additional water 1 Tbsp at a time if the dough is too stiff or if more water is needed to incorporate the flour.
2. Using a rolling pin, roll the dough out onto the back of a lightly floured 10x15 metal cookie sheet. Roll the dough to each edge and corner of the cookie sheet, rotating and flipping as needed to prevent sticking. Roll the dough as thin as possible for a crunchy cracker, or leave it slightly thicker for a chewier cracker.
3. Score the dough into desired sized using a pizza cutter or a knife. Prick holes onto each cracker using a fork.
4. Bake in a preheated oven at 350 F for 10-15 minutes, or until the crackers are medium brown and begin to pull up at the edges.
5. Remove from the oven. Eat immediately, or the next day. Store in a sealed container.



About the Author



Tiffany Terczak is a work-at-home mom of two and the creator of **Don't Waste the Crumbs**, a popular food blog focusing on affordable family-friendly recipes, meal planning hacks, grocery budget tips and natural living tutorials.

She's also the creator of **Grocery Budget Bootcamp**, the only online course teaching how to afford REAL FOOD on a budget, step-by-step.

She loves to encourage other busy moms with strategies and tips that are simple, practical and work!

Tiffany and her family currently live in the suburbs outside Atlanta, Georgia.

Connect with Tiffany



Web: <https://dontwastethecrumbs.com>

Email: tiffany@dontwastethecrumbs.com