



 **BUDGET BYTES**

SAMPLE ONE WEEK

# VEGETARIAN

MEAL PLAN

MEAL PLANNING MADE EASY WITH DELICIOUS  
RECIPES DESIGNED FOR SMALL BUDGETS





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# LET'S GET COOKING!

*Hello, and welcome to the Budget Bytes Meal Plans! I've created these meal plans to help make your life a little easier, but also in hopes that this will be the jumping off point on your meal planning journey.*

I hope these meal plans will help get you comfortable with the meal planning process, so that one day you'll be able to create your own customized meal plans that are tailored to your lifestyle.

And hey, if meal planning for yourself is not your goal, we're happy to do the work for you. We will have a fresh stream of pre-made meal plans coming your way soon!

So, let's get cooking, shall we?

*Beth Moncel*

*Owner, Budget Bytes*

**PS:** If you enjoyed this sample meal plan, get full monthly meal plans with weekly menus and custom grocery lists at: [budgetbytes.com/mealplans](https://budgetbytes.com/mealplans)

# ABOUT THIS MEAL PLAN

*This four week meal plan\* is designed to give you a variety of satisfying, well balanced dinners, all while maximizing your food budget and reducing waste. This vegetarian meal plan is designed to be classic lacto-ovo vegetarian, which includes eggs and dairy ingredients.*

*\*This is a sample one week plan taken from the full four week monthly meal plan, with weekly menus and custom grocery lists available at: [budgetbytes.com/mealplans](https://budgetbytes.com/mealplans)*

## THE MENUS

Each of the four weeks include six days of dinners, with one “freebie day” designed in, so you can either eat up your leftover portions from the week, or take a night off and eat out. Because let’s be real, sometimes you just need a night off, and allowing yourself to do so once in a while will help you stick to the plan the rest of the week. We’ve made the freebie day the last day of the week so you can use your ingredients while they are the most fresh, and you can use that “cook free” day to do the shopping for the next week.

You can choose to do all four weeks in succession, or mix and match the weeks as you see fit.

## THE MEALS

Each meal provides 4-6 servings. This meal size can work great for couples or small families. Leftover portions can be taken to work or school the next day for lunch, or often times frozen for later on. Having single portions of meals stashed in the freezer ready to reheat at a moment’s notice is a lifesaver!

Some meals are an all-in-one dish with no need for a side, while others are served with a second simple recipe on the side to round out the meal and keep it balanced.

## **CALENDARS AND SHOPPING LISTS**

This meal plan includes a monthly calendar with all four weeks listed in one place, as well as individual weekly calendars, so you can concentrate on one week at a time.

Each weekly plan includes a shopping list, six recipes, notes for saving and using leftover ingredients, as well as notes about what should be saved for the next week, or what you might have on hand from a previous week's menu.

Each weekly shopping list is included in the master pdf, and also available as an individual file so it can be easily printed or saved to your phone for easy access when shopping.

## **LEFTOVERS**

Making the most of your leftover ingredients is a major theme in this meal plan. We've included suggestions throughout for using up leftover ingredients. While it's not always possible to find uses for 100% of the ingredients you purchase, just being mindful and proactive about using leftovers will help reduce your regular weekly food waste by a considerable amount. Every effort counts.

## **GENERAL INGREDIENT BUYING TIPS**

- Buy yellow onions in 2-5 lb. bags instead of individually because you'll be using them frequently throughout the month and they are fairly shelf stable.
- I highly suggest using a bouillon or broth concentrate that you can keep on hand to mix up any amount of broth needed. This method is much less expensive than buying cans or boxes of broth, it reduces waste, and uses less packaging. My favorite is Better Than Bouillon, which comes in several flavors, low sodium, and organic versions.
- Salt and pepper are not included in the grocery lists. Make sure you're stocked with both.
- Your shopping lists will likely get shorter throughout the month as your kitchen becomes stocked with basic ingredients.

# HOW TO USE THIS MEAL PLAN

## **STEP 1**

The day before the week begins, review the menu for the week, along with the recipe notes, and tips for saving leftover ingredients.

## **STEP 2**

Review the recipes. If there are any ingredients or techniques that you are unfamiliar with, don't hesitate to reach out to us for help! You can request help in the **Budget Bytes Meal Plans Facebook group**, or by emailing [support@budgetbytes.com](mailto:support@budgetbytes.com). Make sure to include which meal plan you're working on and the title of the recipe.

## **STEP 3**

Shop your pantry, freezer, and refrigerator. Take the shopping list for that week into your kitchen and go down the list, item by item, crossing off ingredients you already have and making notes about pantry staples that you may need to restock. Many ingredients in this meal plan carry over from week to week, either in your pantry or freezer, so it's critical that you check each week, even when there isn't a specific note in the meal plan.

## **STEP 4**

Take it to the store! Take your modified shopping list to the store and purchase the remaining items on your list.



## **STEP 5**

Time to get cooking! Each day, before you begin your recipe(s), make sure to read the recipe through, from start to finish, so you understand the workflow. If you're having trouble with a recipe, you can reach out to us or visit the recipe on the website to view the step by step photos, or video when available.

## **STEP 6**

Save those leftovers! Portion your cooked meal into single servings and refrigerate for later, or if it's a freezer-friendly dish (as indicated by the asterisk on the weekly menu), freeze for longer storage.

## **STEP 7**

On the last day of the week, your "freebie day", start planning for the following week by going back to step 1!

# MONTH AT A GLANCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Smoky Potato and Chickpea Stew	Fresh Tomato Basil Pasta with Ricotta	BBQ Bean Sliders with Smoky Garlic Oven Fries	Spanish Chickpeas with Rice	Garlicky Kale and Ricotta Pizza	Sweet Potato Tacos with Lime Crema and Avocado Salad	Leftovers / Eat out
WEEK 2	Black Bean and Avocado Enchiladas, Cilantro Lime Rice (made with veg broth)	BBQ Tofu Sliders, Cowboy Caviar	Cheesy Vegetarian Chili Mac	Chipotle Portobello Fajitas	Creamy Coconut Curry Lentils with Spinach, curry roasted carrots	Garden Vegetable Lasagna Roll Ups, Homemade Garlic Bread	Leftovers / Eat out
WEEK 3	Easy Cauliflower and Chickpea Masala	Vegetable Pot Pie Skillet with Cheddar Biscuit Topping	Gesame Tempeh Bowls	Smoky Tomato Soup with Spinach Feta-Cheese	Poor Man's Burrito Bowl	Chickpea and Vegetable Soup	Leftovers / Eat out
WEEK 4	One Pot Roasted Red Pepper Pasta	Vegan West African Peanut Stew	Smoky White Bean Shushka with bread	Smoky Chickpeas with Spinach plus rice	Simple Mushroom and Broccoli Stir Fry	Vegan Winter Lentil Stew	Leftovers / Eat out

**SAMPLE**

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# MENU

 Leftover cooked portions are freezer-friendly

MONDAY

Smoky Potato and Chickpea Stew 

*Optional - buy crackers or bread for dipping.*

TUESDAY

Fresh Tomato Basil Pasta with Ricotta

WEDNESDAY

BBQ Bean Sliders with Smoky Garlic Oven Fries

THURSDAY

Spanish Chickpeas with Rice 

FRIDAY

Garlicky Kale and Ricotta Pizza

*Use your favorite store bought pizza dough or crust, or make your own using my [Pizza Dough Recipe](#) (ingredients not included in shopping list).*

SATURDAY

Sweet Potato Tacos with Lime Crema and Avocado Salad

SUNDAY

Leftovers/eat out and shop for next week!

## LEFTOVER INGREDIENT SUGGESTIONS

**Hamburger buns** - freeze

**Ginger** - buy one large knob of ginger and keep it in the freezer for use throughout the month.

**Cilantro** - extra cilantro can be served with Smoky Potato Chickpea Stew

**Parsley** - extra parsley can be added to coleslaw, used to top Garlic Oven Fries, or added to smoothies for extra greens.

**Bagged coleslaw mix** - make a double batch of coleslaw and serve with lunches

**Mozzarella** - freeze

**Red onion** - save for use in Week 2

# GROCERY LIST

**BAKERY:**

- 1 large Pizza dough (F)
- 4 large Hamburger buns (W)
- 8 small Tortillas (6-inch) (S)

**CANNED GOODS:**

- 1 15 oz. can Quartered artichoke hearts (R)
- 2 15 oz. can Black beans (W)(S)
- 2 15 oz. can Chickpeas (M)(R)
- 1 15 oz. can Pinto beans (W)
- 1 15 oz. can Diced tomatoes (R)
- 1 15 oz. can Fire roasted diced tomatoes (M)
- 5 ½ cups Vegetable broth (M)(R)

**DAIRY:**

- 1 tablespoon Butter (T)
- 1 cup Shredded mozzarella (F)
- 8 oz. Sour cream (S)
- 1 ½ cups Whole milk ricotta (T)(F)

**DRY GOODS:**

- 1 cup Uncooked long grain white rice (R)
- 12 oz. Pasta (any shape) (T)
- Freshly cracked pepper (W)

**FROZEN:**

- 1 pound Frozen corn (S)

**PRODUCE:**

- 1 Avocado (S)
- ½ cup Fresh basil (T)
- ½ bunch Fresh cilantro (S)
- ½ lb. bagged Coleslaw mix (shredded cabbage & carrots) (W)
- 11 clove Garlic (M)(T)(W)(R)(F)(S)
- 1 tsp Fresh ginger, grated (M)
- 2 pints Grape tomatoes (T)
- 1 lb. Kale (M)(F)
- 1 Fresh lemon (R)
- 2 Limes (S)
- 5 Green onions (W)(S)
- ¼ Red onion (S)
- 3 Yellow Onions (M)(W)(R)

- ¼ bunch Fresh parsley (R)
- 2 Sweet potatoes (about 1.25 lbs. total) (S)
- 4 ½ lbs. Russet potatoes (M)(W)

**CONDIMENTS:**

- ½ Tbsp Honey (W)
- ⅓ cup Mayonnaise (W)
- 1 tsp Dijon mustard (W)
- 2 Tbsp Cooking oil (S)
- ¾ cup Olive oil (M)(T)(W)(R)(F)(S)
- ½ cup BBQ sauce (W)
- 1 tsp Red wine or apple cider vinegar (W)

**SPICES:**

- ¼ tsp Cayenne pepper (R)
- 2 ¼ tsp Ground Cumin (R)(S)
- 1 tsp Curry powder (M)
- 1 ¼ tsp Garlic powder (W)(F)
- ½ tsp Dried oregano (R)
- 2 Tbsp Smoked paprika (M)(W)(R)
- pinch Crushed red pepper (M)

**MONDAY**

# SMOKY POTATO CHICKPEA STEW

**SERVINGS**  
6 (just over 1 cup each)

**PREP TIME**  
10 minutes

**COOK TIME**  
1 hour

**TOTAL TIME**  
1 hour 10 minutes

## INGREDIENTS

**2 Tbsp olive oil**

**2 cloves garlic**

**1 tsp fresh grated ginger**

**1 onion**

**1 Tbsp curry powder**

**1 Tbsp smoked paprika**

**pinch red pepper flakes**

**1 15 oz can fire roasted diced tomatoes**

**2 russet potatoes (1.75-2 lbs total)**

**1 15 oz can chickpeas**

**4 cups vegetable broth**

**1/2 lb. fresh kale, chopped**

## INSTRUCTIONS

1. Finely dice the onion, mince the garlic, and grate the ginger. Add the onion, garlic, and ginger to a large soup pot with the olive oil and sauté over medium heat until the onions are soft and transparent.
2. Add the curry powder, smoked paprika, and red pepper flakes to the pot and continue to stir and cook for 1-2 minutes more to toast the spices.
3. While the onion, garlic, and ginger are sautéing, peel the potatoes and cut them into 1-inch cubes. Drain the chickpeas.
4. Once the spices are toasted, add potatoes, fire roasted diced tomatoes (with juices), and chickpeas to the pot. Pour the vegetable broth over top, then stir until everything is combined.
5. Place a lid on the pot, turn the heat to medium-high, and allow it to come to a boil. Once boiling, turn the heat down to low and allow the soup to simmer with the lid in place for 45 minutes, stirring occasionally.
6. After 45 minutes, stir the stew well and smash the potatoes against the side of the pot to help them break down and thicken the stew. Add the chopped kale and stir it into the stew until it has wilted. Taste the soup and adjust the salt or other spices if desired. Serve with crusty bread or crackers.

Get step by step photos & more:  
<https://www.budgetbytes.com/smoky-potato-chickpea-stew/>

**TUESDAY**

# FRESH TOMATO BASIL WITH RICOTTA

**SERVINGS**  
4

**PREP TIME**  
10 minutes

**COOK TIME**  
15 minutes

**TOTAL TIME**  
25 minutes

## INGREDIENTS

**12 oz pasta (any shape)**

**2 Tbsp olive oil**

**2 cloves garlic**

**2 pints grape tomatoes**

**1 Tbsp butter**

**1/2 cup fresh basil, loosely packed**

**1/2 cup whole milk ricotta**

**salt & pepper to taste**

## INSTRUCTIONS

1. Bring a large pot of water to a boil for the pasta. Once boiling, add the pasta and continue to boil until the pasta is tender. Reserve about one cup of the starchy pasta water, then drain the pasta in a colander.
2. While the pasta is cooking, prepare the rest of the recipe. Slice the grape tomatoes in half and slice or roughly chop the basil. Mince the garlic.
3. Add the olive oil to a large skillet and place it over medium heat. Once hot, add the garlic and sauté for just one minute to take the raw edge off the garlic.
4. Add the grape tomatoes and a pinch of salt to the skillet. Stir to combine, then place a lid on the skillet and let the tomato simmer for about 10 minutes, stirring occasionally. Let the tomatoes simmer just until they begin to break down and they have released their juices. The tomatoes should just be beginning to lose their shape and their skins should appear a bit wrinkled.
5. Turn the heat off and add the butter, most of the basil (save some to garnish with), and some freshly cracked pepper. Stir until the butter is melted, then taste and adjust the salt and pepper as needed. You want it to be slightly on the salty side, as the saltiness will dilute a bit once it's combined with the pasta.

**6.** Add the cooked and drained pasta and stir to coat the pasta in the tomato sauce. Add a splash or two of the reserved pasta water if the mixture appears dry.

**7.** Top the pasta with dollops of ricotta, a little more pepper, and any reserved basil, then serve!

Get step by step photos & more:

<https://www.budgetbytes.com/fresh-tomato-basil-pasta-with-ricotta/>



WEDNESDAY

# BBQ BEAN SLIDERS

**SERVINGS**  
4 to 6

**PREP TIME**  
15 minutes

**COOK TIME**  
15 minutes

**TOTAL TIME**  
30 minutes

## INGREDIENTS

**1 Tbsp olive oil**

**1 small yellow onion**

**1 clove garlic**

**1 15 oz can black beans**

**1 15 oz can pinto beans**

**1/2 cup BBQ sauce**

**1/2 tsp smoked paprika  
(optional)**

**4 large hamburger buns**

## FOR THE SLAW

**1/2 lb. bagged coleslaw mix  
(shredded cabbage and carrots)**

**3 whole green onions, sliced**

**1/3 cup mayonnaise**

**1/2 Tbsp honey**

**1 tsp Dijon mustard**

**1/4 tsp salt**

**1 tsp red wine or apple cider  
vinegar**

**Freshly cracked pepper**

## INSTRUCTIONS

**1.** Dice the onion and mince the garlic. Cook the onion and garlic with the olive oil in a medium saucepan over medium heat until the onion is soft and translucent (about 5 minutes).

**2.** Rinse and drain the pinto and black beans in a colander. Add the drained beans, BBQ sauce, and smoked paprika to the sauce pot with the onions and garlic. Stir to combine and then cook over medium-low heat until warmed through (stir occasionally).

**3.** While the beans and BBQ sauce are heating, prepare the slaw. Add the cabbage coleslaw mix to a large bowl. Slice the green onions and add them to the bowl with the cabbage.

**4.** In a separate small bowl, make the dressing for the slaw. Stir together the mayonnaise, honey, Dijon, vinegar, salt, and pepper until smooth. Add the dressing to the bowl with the slaw mix and green onions, then stir to combine.

**5.** To make the sliders, add a heaping 1/2 cup of BBQ beans to each bun, then top with 1/2 cup of the slaw.

Get step by step photos & more:

<https://www.budgetbytes.com/bbq-bean-sliders/>

WEDNESDAY

# SMOKY GARLIC OVEN FRIES

**SERVINGS**  
4

**PREP TIME**  
15 minutes

**COOK TIME**  
45 minutes

**TOTAL TIME**  
1 hour

## INGREDIENTS

**2 lbs. russet potatoes**

**2 Tbsp olive oil**

**1 tsp garlic powder**

**1 tsp smoked paprika**

**Generous salt and pepper**

## INSTRUCTIONS

1. Preheat the oven to 400°F.
2. Wash the potatoes well to remove any dirt or dust. Cut the potatoes into very thin, 1/4 inch matchsticks, then divide them between the two baking sheets.
3. Drizzle each sheet of potatoes with 1 Tbsp olive oil, then toss the fries to coat. Make sure the fries are well coated in oil to prevent sticking. Sprinkle the fries with garlic powder, smoked paprika, salt, and freshly ground pepper. Don't worry, they'll get tossed with the spices when they get stirred during the baking process.
4. Bake the fries in the fully preheated 400°F oven, stirring gently with a spatula every 15 minutes. Bake until the fries are brown and crispy, but still slightly moist in the center, about 45 minutes. The fries will bake at different rates, depending on how thinly they are sliced, so keep a close eye.

Get step by step photos & more:

<https://www.budgetbytes.com/smoky-garlic-oven-fries/>

THURSDAY

# SPANISH CHICKPEAS AND RICE

**SERVINGS**  
4 (1 cup each)

**PREP TIME**  
5 minutes

**COOK TIME**  
20 minutes

**TOTAL TIME**  
25 minutes

## INGREDIENTS

**2 Tbsp olive oil**

**2 cloves garlic**

**1/2 Tbsp smoked paprika**

**1 tsp cumin**

**1/2 tsp dried oregano**

**1/4 tsp cayenne pepper**

**Freshly cracked black pepper**

**1 yellow onion**

**1 cup uncooked long grain white rice**

**1 15 oz. can diced tomatoes**

**1 15 oz. can quartered artichoke hearts**

**1 15 oz. can chickpeas**

**1.5 cups vegetable broth**

**1/2 tsp salt (or to taste)**

**1/4 bunch fresh parsley**

**1 fresh lemon**

## INSTRUCTIONS

- 1.** Mince the garlic and add it to a large deep skillet with the olive oil. Cook over medium-low heat for 1-2 minutes, or just until the garlic is soft and fragrant. Add the smoked paprika, cumin, oregano, cayenne pepper, and some freshly cracked black pepper to the skillet. Sauté the spices in the hot oil for one more minute.
- 2.** Dice the onion and add it to the skillet. Sauté the onion until it is soft and translucent (about 5 min). Add the rice and sauté for 2 minutes more.
- 3.** Drain the chickpeas and artichoke hearts, then add them to the skillet along with the can of diced tomatoes (with juices), vegetable broth, and a half teaspoon of salt. Roughly chop the parsley and add it to the skillet, reserving a small amount to sprinkle over the finished dish. Stir all the ingredients in the skillet until evenly combined.
- 4.** Place a lid on the skillet and turn the heat up to medium-high. Allow the skillet to come to a boil. Once it reaches a boil, turn the heat down to low and let simmer for 20 minutes. Make sure it's simmering the whole time and adjust the heat up slightly if necessary to keep it simmering.
- 5.** After simmering for 20 minutes, turn the heat off and let it rest for 5 minutes without removing the lid. Finally, remove the lid, fluff with a fork and top with the remaining chopped parsley. Cut the lemon into wedges and squeeze the fresh juice over each bowl.

Get step by step photos & more:

<https://www.budgetbytes.com/spanish-chickpeas-and-rice/>

**FRIDAY**

# GARLICKY KALE AND RICOTTA PIZZA

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**SERVINGS**  
4 (2 slices each)

**PREP TIME**  
15 minutes

**COOK TIME**  
15 minutes

**TOTAL TIME**  
30 minutes

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## INGREDIENTS

**1 Tbsp olive oil**

**1 clove garlic, minced**

**6 cups torn kale leaves (about ½ lb.)**

**1 large pizza dough**

**1 Tbsp olive oil**

**¼ tsp garlic powder**

**1 cup whole milk ricotta**

**1 cup shredded mozzarella**

## INSTRUCTIONS

1. Preheat your oven to 400°F. If your kale is still on the stem, pull the leaves from the stems and tear them into 2-inch pieces. Rinse the kale well in a colander.
2. Place the minced garlic and olive oil in a large pot and sauté over medium heat for about one minute, or just until the garlic is soft and fragrant. Add the kale and continue to sauté for about 5 minutes, or until it has wilted. Season with a pinch of salt.
3. Stretch your pizza dough (about 12-14") and place it on a pizza pan. In a small dish, combine the olive oil and garlic powder, then brush it onto the surface of the dough. Scatter the sautéed kale over the surface, then top with dollops of ricotta. Finally, sprinkle the shredded mozzarella over top.
4. Bake the pizza for 15-20 minutes, or until the crust has browned, the cheese is melted, and the cheese has begun to brown on the edges. Slice the pizza into 8 pieces, and serve.

Get step by step photos & more:

<https://www.budgetbytes.com/garlicky-kale-and-ricotta-pizza/>

## SATURDAY

# SWEET POTATO TACOS WITH LIME CREMA

**SERVINGS**  
4 (2 tacos each)

**PREP TIME**  
20 minutes

**COOK TIME**  
20 minutes

**TOTAL TIME**  
40 minutes

### LIME CREMA

**8 oz. tub sour cream**

**1 fresh lime**

**1/4 tsp salt**

**1 clove garlic**

### TACOS

**1 Tbsp olive oil**

**2 cloves garlic**

**2 sweet potatoes (about 1 1/4 lbs. total)**

**1 15oz. can black beans**

**1 tsp cumin**

**Salt and Pepper to taste**

**2 green onions**

**1/4 bunch fresh cilantro (optional)**

**8 small (taco sized) tortillas**

### INSTRUCTIONS

**1.** Prepare the crema first to allow the flavors to blend. Mince one clove of garlic and use a zester or small holed cheese grater to scrape the thin layer of green zest from the lime. Add the minced garlic, 1 tsp of the zest, about 1 tsp of lime juice, and 1/4 tsp salt to the sour cream. Stir the ingredients to combine then refrigerate until ready to use.

**2.** Peel the sweet potatoes, then cut them into small cubes (about 1/4 to 1/2 inch square). Heat a large skillet over medium, then add olive oil and two cloves of minced garlic. Sauté the garlic for about a minute or just until it becomes fragrant. Add the diced sweet potato and a couple tablespoons of water. Sauté the sweet potatoes until they become soft and just begin to fall apart. Add another couple tablespoons of water during cooking if the skillet becomes dry before the sweet potatoes are soft.

**3.** Meanwhile, drain and rinse the can of black beans. Once the sweet potatoes are soft, add the black beans to the skillet. Season with cumin, salt, and pepper to taste. Sauté the mixture just until the beans are heated through.

**4.** Slice the green onions and pull the cilantro leaves from the stems. Roughly chop the cilantro. Stir the sliced green onions into the skillet. Add the cilantro to the skillet if desired, or use it to top each taco.

**5.** Prior to filling each tortilla, heat them in a dry skillet until slightly browned and crisp on each side, or carefully toast them over an open flame. Smear a small amount of the lime crema down the center of the tortilla, then top with a scoop of the sweet potato and black bean hash. Add fresh cilantro if desired.

Get step by step photos & more:

<https://www.budgetbytes.com/sweet-potato-tacos-with-lime-crema/>

**SATURDAY**

# WARM CORN AND AVOCADO SALAD

**SERVINGS**  
4 (1 cup each)

**PREP TIME**  
10 minutes

**COOK TIME**  
7 minutes

**TOTAL TIME**  
17 minutes

## INGREDIENTS

**2 Tbsp cooking oil**

**1 lb. frozen corn kernels, thawed**

**Salt and Pepper to taste**

**1/4 tsp Ground Cumin**

**1/4 red onion**

**1 avocado**

**1/4 bunch Fresh cilantro**

**1 lime**

## INSTRUCTIONS

1. Make sure to let the corn thaw completely. Heat the cooking oil in a large skillet over medium-high heat. When the oil is very hot and shimmering, add the thawed corn and sauté until the corn becomes golden brown and blistered. Remove the corn from the skillet and place it in a large bowl, season with a pinch of salt, pepper, and 1/4 tsp cumin. Allow the corn to cool slightly.
2. While the corn is cooling, prepare the remaining vegetables. Finely dice the red onion, roughly chop the cilantro, and cube the avocado. Add the onion, cilantro, and avocado to the bowl with the corn. Stir briefly.
3. Squeeze the juice from half the lime over the salad, stir, and taste. Adjust the salt and lime juice as needed. Serve immediately, or refrigerate until ready to eat.

Get step by step photos & more:

<https://www.budgetbytes.com/warm-corn-avocado-salad/>







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