

GROCERY OUTLET
bargain market[®]

**Feed your
Family for
\$4-A-Day!***



* Per person

Grocery Outlet

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Grocery Outlet wants our customers to have healthy, inexpensive options to feed their families - it's why we work so hard to give you the best values at the lowest prices in town. In this brochure, we're providing breakfast, lunch and dinner recipes that you can mix and match to eat for about \$4 a day per person. We priced out the recipes per serving, based on recommended serving size. Estimated price-per-serving is shown, and we also included nutritional information and a shopping list for these recipes.

Since our amazing deals come and go regularly, inventories vary. Most items (frozen vegetables, dried fruit, granola/trail mix, etc.) can be swapped out for a similar item, and we encourage you to test out different products to suit your taste. Also, some "pantry" items are included in the recipes - items like salt, pepper, and olive oil that most cooks have on hand. We priced items in our inventory as of May 2012. When you shop, prices may vary, but you can be sure that at Grocery Outlet, you'll get an incredible bargain.

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Breakfast

Peanut Butter & Jelly Oatmeal

27¢ per serving

- 1 cup water
- pinch of salt
- ½ cup quick or instant oats 13¢
- 1 Tbsp. peanut butter 9¢
- 2 tsp. boysenberry jam 5¢



Serving suggestion

Heat the water in a small sauce pan and add the salt. When the water boils, add the oats and stir. Cook according to package instructions. Swirl the peanut butter into the oats and transfer to a bowl. Top with a dollop of jam.

Nutrition Facts	
Serving Size 354 g	
Amount Per Serving	
Calories 204	Calories from Fat 88
% Daily Value*	
Total Fat 5.5g	10%
Saturated Fat 2.0g	4%
Total Fat 5.5g	10%
Cholesterol 0mg	0%
Sodium 241mg	5%
Total Carbohydrates 23.5g	8%
Dietary Fiber 3.2g	12%
Sugars 1.5g	
Protein 7.0g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%

Nutrition Grade B-
*Based on a 2000 calorie diet

Nutritional Analysis

Good points

- No cholesterol
- Low in sugar
- High in manganese

Veggie Omelet

60¢ per serving

- 2 eggs
- ¼ cup chopped onion
- ½ green bell pepper, chopped



Serving suggestion

On medium heat, in a small non-stick skillet, sauté onions and bell pepper until soft. Remove from skillet. Whisk eggs together in a small bowl, add to heated skillet and cook both sides one minute each. Add sautéed onion and bell pepper on top of eggs, and flip over half of the eggs onto the veggies, making an omelet. Serve hot. Serves 1.

Nutrition Facts	
Serving Size 176 g	
Amount Per Serving	
Calories 150	Calories from Fat 81
% Daily Value*	
Total Fat 11.0g	22%
Saturated Fat 3.5g	7%
Cholesterol 310mg	100%
Sodium 1.7mg	0%
Total Carbohydrates 7.0g	2%
Dietary Fiber 1.7g	7%
Protein 13.0g	
Protein 13.0g	
Vitamin A 62%	Vitamin C 120%
Calcium 0%	Iron 11%

Nutrition Grade A-
*Based on a 2000 calorie diet

Nutritional Analysis

Good points

- High in phosphorus
- High in iron
- Very high in selenium
- Very high in vitamin A
- High in vitamin B12
- High in vitamin B1
- Very high in vitamin C

Bad points

- Very high in cholesterol

Salsa Scramble

72¢ per serving

- 2 eggs
- ¼ cup cheddar cheese, grated
- ¼ cup salsa



Serving suggestion

Whisk eggs together in a small bowl. In a small skillet on medium heat, scramble eggs and cheese. Cook to your preference. Top with salsa. Serve hot. Serves 1 ~72¢ per serving

Nutrition Facts	
Serving Size 181 g	
Amount Per Serving	
Calories 327	Calories from Fat 184
% Daily Value*	
Total Fat 13.0g	26%
Saturated Fat 4.7g	9%
Cholesterol 310mg	100%
Medium 300mg	
Total Carbohydrates 5.1g	2%
Dietary Fiber 1.0g	4%
Protein 18.0g	
Vitamin A 15%	Vitamin C 2%
Calcium 2%	Iron 12%

Nutrition Grade B-
*Based on a 2000 calorie diet

Nutritional Analysis

Good points

- High in selenium
- High in phosphorus
- High in potassium
- Very high in selenium

Bad points

- High in saturated fat
- Very high in cholesterol
- High in sodium

Sunny Breakfast Idea: complement these recipes with bacon, sausage, hash browns or orange juice from our frozen and deli sections at prices sure to perk up your morning. A great breakfast will get you sunny side up!

Lunch

Chicken Tacos

71¢ per serving

- 1 Tbsp. vegetable oil
- ½ cup minced onion
- 2 garlic cloves, minced
- ½ cup tomato sauce
- 1 tsp. cumin
- ½ tsp. salt
- 1 lb. shredded, cooked boneless, skinless chicken breast
- 6 corn tortillas



Nutrition Facts	
Serving Size 200g	
Amount Per Serving	
Calories 232	Calories From Fat 100
% Daily Value*	
Total Fat 12.0g	24%
Saturated Fat 4.4g	88%
Cholesterol 33mg	66%
Sodium 100mg	20%
Total Carbohydrate 98.0g	39%
Dietary Fiber 10.6g	21%
Sugars 5.9g	
Protein 21.6g	43%
Vitamin A 9%	Vitamin C 15%
Calcium 30%	Iron 20%
Nutrition Grade A	
*Based on a 2000 calorie diet	
Nutritional Analysis	
Good points	
<ul style="list-style-type: none"> • Low in cholesterol • High in dietary fiber • High in phosphorus 	

Heat the oil in a large skillet over medium heat. Add the onion and garlic, sauté for about 6 minutes until the onion has softened. Add the tomato sauce, cumin, and salt and continue to cook for one more minute. Add the chicken and cook until heated through, about 3 minutes. Taste, and adjust the seasoning if necessary. Serve in tortillas. Serves 3 (2 tacos per serving).

Quesadilla

72¢ per serving

- 2 corn tortillas
- ¼ cup cheddar cheese
- ¼ cup chopped, sautéed onions
- ½ cup black or pinto beans, cooked
- 4 Tbsp. salsa

Nutrition Facts	
Serving Size 288g	
Amount Per Serving	
Calories 582	Calories From Fat 156
% Daily Value*	
Total Fat 12.0g	24%
Saturated Fat 4.4g	88%
Cholesterol 33mg	66%
Sodium 100mg	20%
Total Carbohydrate 98.0g	39%
Dietary Fiber 10.6g	21%
Sugars 5.9g	
Protein 21.6g	43%
Vitamin A 9%	Vitamin C 15%
Calcium 30%	Iron 20%
Nutrition Grade A	
*Based on a 2000 calorie diet	
Nutritional Analysis	
Good points	
<ul style="list-style-type: none"> • Low in cholesterol • High in dietary fiber • High in phosphorus 	

Cook beans according to directions. Warm tortillas in a non-stick skillet on medium-low heat. Add cheese and onions on top of one tortilla and place the other tortilla on top of the cheese. Cook 1-2 minutes on both sides. Serve with salsa and beans. Serves 1.



Lunch continued

Lentil & Mustard Greens Soup

\$4.70 for 4 servings (\$1.17 per serving)

- 1 Tbsp. oil 4¢
- 1 onion 33¢
- 3 garlic cloves 7¢
- 1 can (14.5 ounces) chicken broth 50¢
- 6 cups water
- 1 lb lentils 99¢
- 1 tsp. salt
- 1 package (1lb) cut mustard greens \$2.99
- Salt and pepper to taste

Peel and chop the onions. Add oil to a large soup pot and heat over medium. When the oil is hot, add the onions and cook, stirring for 5 minutes over medium heat. Add the garlic and stir for a minute, then add the chicken broth, water, lentils and salt. Bring to a boil then reduce and simmer over low heat until lentils are tender, about 15 minutes. Add the mustard greens, cover and cook for another 10 minutes. Taste for seasoning, add salt and pepper.

Serve with French bread or whole grain crackers.



Nutrition Facts	
Serving Size 364 g	
Amount Per Serving	
Calories 491	Calories from Fat 48
% Daily Values*	
Total Fat 5.5g	8%
Saturated Fat 0.8g	4%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 845mg	39%
Total Carbohydrates 77.4g	26%
Dietary Fiber 38.9g	155%
Sugars 3.6g	
Protein 34.6g	
Vitamin A 238%	Vitamin C 143%
Calcium 20%	Iron 59%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Nutritional Analysis	
Good points	
<ul style="list-style-type: none">• Low in saturated fat• No cholesterol• Very high in dietary fiber• High in iron• High in manganese• High in phosphorus• High in thiamin• Very high in vitamin A• Very high in vitamin C	

Dinner

Chili

\$4.05 for 4 servings (\$1.01 per serving)

- 1 cup dried red beans (½ lb dried) 50¢
- 1 Tbsp. vegetable oil 4¢
- 1 onion, diced 33¢
- 1 jalapeno chile pepper, diced 28¢
- 2 clove garlic 6¢
- 2 Tbsp. ground chili powder 27¢
- 14.5 oz. whole tomatoes, chopped roughly 79¢
- 15.25 oz. can corn, drained 79¢
- 4 oz. colby jack cheese (or cheddar), shredded 99¢



Nutrition Facts	
Serving Size 300 g	
Amount Per Serving	
Calories 303	Calories from Fat 134
% Daily Value	
Total Fat 13.5g	26%
Saturated Fat 6.5g	33%
Trans Fat 0.5g	
Cholesterol 25mg	8%
Sodium 26mg	13%
Total Carbohydrates 30.7g	17%
Dietary Fiber 13.5g	42%
Sugars 14.1g	
Protein 20.5g	
Vitamin A 0%	Vitamin C 100%
Calcium 20%	Iron 20%
Nutrition Grade A	
* Based on a 2000 calorie diet	
Nutritional Analysis	
Good points	
• Low in cholesterol	
• High in dietary fiber	
• High in potassium	
• Very high in vitamin A	
• Very high in vitamin C	

Cook the beans according to package instructions and reserve one cup of liquid with the cooked beans, set aside. Heat a large pot and add oil. When the oil is hot, add the onion and jalapeno. Cook, stirring occasionally for 10 minutes. Add the garlic and cook, stirring for one minute, then add the chili powder and stir. Then add the tomatoes and their liquid, the drained corn, red beans and one cup of the reserved liquid. Stir and bring to boil. Lower heat and simmer, partially covered for 30 minutes. Top each serving with grated cheese. Serve with fresh tortillas, tortilla chips or corn muffins.

Pasta Fagioli

\$4.44 for 6 servings (74¢ per serving)

- 1 lb pinto beans, 99¢
- 4 slices thick cut bacon 50¢
- 1 onion 33¢
- 4 cloves garlic 10¢
- 2 cup macaroni, 60¢
- 1 can 14.5 oz. chicken broth 50¢
- 1 can 14.5 oz. whole or diced tomatoes, 79¢
- 6 Tbsp. grated parmesan cheese 63¢
- 1 tsp. salt



Nutrition Facts	
Serving Size 310 g	
Amount Per Serving	
Calories 473	Calories from Fat 68
% Daily Value	
Total Fat 7.5g	12%
Saturated Fat 3.3g	6%
Trans Fat 0.5g	
Cholesterol 11mg	4%
Sodium 500mg	38%
Total Carbohydrates 73.8g	26%
Dietary Fiber 13.8g	55%
Sugars 5.5g	
Protein 22.5g	
Vitamin A 12%	Vitamin C 20%
Calcium 17%	Iron 20%
Nutrition Grade A	
* Based on a 2000 calorie diet	
Nutritional Analysis	
Good points	
• Low in cholesterol	
• High in dietary fiber	
• High in selenium	
• High in thiamin	

Cook the beans according package instructions. Do not drain, set aside beans and their cooking liquid.

Chop the bacon, onions and finely mince the garlic. In a large soup pot cook the bacon over medium heat until almost crisp. Add the onions and cook for 5 minutes or until golden. Add the garlic, and stir for one minute, then add the tomatoes (if whole, chop roughly) and broth. Stir to combine, add the liquid from the beans, bring to a boil, then lower heat and simmer, covered for 30 minutes. Add the salt, beans and macaroni, and cook until pasta is done, about 10-15 minutes. Taste and add salt to your taste. Ladle into bowls and top each with a tablespoon of parmesan cheese.

Dinner continued

Tangy Chicken & Vegetable Kabobs

\$5.13 for 4 servings (\$1.28 per serving)

1 ½ lb (about 4 chicken thighs), remove bones and skin, cut into 1½ inch pieces \$2.00

½ onion peeled 16¢

1 clove garlic, minced or grated 3¢

Juice of 2 limes 20¢

2 Tbsp. vegetable oil 8¢

½ teaspoon salt

¼ tsp. ground black pepper

1 small zucchini, cut into ½ inch pieces 50¢

8 oz. mushrooms, stems removed 1.99

½ onion, sliced into ½ inch pieces 17¢

Grate the onion half into a mixing bowl, using a box grater. To the grated onion add the lime juice, garlic, oil, salt and pepper. Stir to combine. Divide the marinade into two bowls. In one bowl add the chicken and in the other add the zucchini, mushrooms and onion. Cover both bowls and refrigerate for 10 minutes. Thread the chicken and vegetables alternately onto skewers, leaving a little space between each piece. Broil or grill, turning once, until the chicken is cooked through, 12 to 15 minutes (to check for doneness, cut into a piece; the center should be white or only slightly pink). Serve with rice.



Nutrition Facts	
Serving Size 328 g	
Amount Per Serving	
Calories 423	Calories from Fat 178
% Daily Value*	
Total Fat 19.7g	30%
Saturated Fat 4.8g	24%
Cholesterol 151mg	50%
Sodium 445mg	19%
Total Carbohydrates 9.3g	3%
Dietary Fiber 2.4g	9%
Sugars 3.2g	
Protein 51.9g	
Vitamin A 3%	Vitamin C 30%
Calcium 5%	Iron 15%
Nutrition Grade B	
*Based on a 2000 calorie diet	
Nutritional Analysis	
Good points	
• Low in sugar	
• Very high in niacin	
• High in selenium	
• High in vitamin B6	
Bad points	
• High in cholesterol	

Dinner continued

Tilapia with Garlic Rub

\$1.51 per serving

Rub:

- 1 ½ tsp. olive oil
- 2 Tbsp. garlic powder
- 2 Tbsp. parsley flakes
- 1 tsp. paprika
- 1 tsp. chili powder
- ½ tsp. sea salt

Fish:

- 1 lb. tilapia fillets, thawed, rinsed and patted dry
- ½ cup flour
- 2 Tbsp. olive oil
- 1 Tbsp. fresh cilantro, minced
- 1 lime wedge

Side:

- 4 cups frozen stir-fry vegetables
- 2 Tbsp. olive oil

Mix rub ingredients in a medium bowl. Set aside. Coat fish with flour. Heat 2 tablespoons olive oil in a non-stick skillet on medium heat. Place fish in skillet. Cook on one side for 3 to 4 minutes. Turn and brush on the garlic rub and add cilantro. Cook 3 to 4 minutes. Remove fish from skillet and squeeze lime juice over all.

In a separate skillet, heat 2 Tbsp. oil on medium heat. Cook stir-fry vegetables until tender. Serve with tilapia. Serves 4.

Nutrition Facts	
Serving Size 284 g	
Amount Per Serving	
Calories 345	Calories from Fat 150
% Daily Value*	
Total Fat 16.7g	26%
Saturated Fat 2.8g	13%
Trans Fat 0.0g	
Cholesterol 55mg	16%
Sodium 305mg	13%
Total Carbohydrates 24.8g	8%
Dietary Fiber 4.9g	20%
Sugars 4.3g	
Protein 25.4g	
Vitamin A 95%	Vitamin C 56%
Calcium 5%	Iron 21%
Nutrition Grade B	
* Based on a 2000 calorie diet	

Nutritional Analysis

Good points

- Very high in vitamin A
- High in vitamin C



Amy Sherman is a San Francisco-based writer and recipe developer. She is the publisher of the award-winning food blog *Cooking with Amy* (<http://cookingwithamy.com/>) and has participated several times in the San Francisco Food Bank Hunger Challenge. She has blogged for KQED, Frommer's, Epicurious, Glam and is a frequent contributor to Cheers magazine and Gastronomica. She is the author of Williams-Sonoma New Flavors for Appetizers and WinePassport: Portugal.



