

LAURA POWERS COACHING

Faith • Finance • Restoration

A FREE GUIDE

5 Meals Under \$15

Simple, Faith-Filled Dinners
for a Family of 4

*Practical provision for the table —
and the budget.*

From **Laura Powers**, founder of **Abundant You**

Welcome, friend.

Let's be honest: feeding a family well on a tight budget is real, and some weeks it feels heavier than others. The mental math at the grocery store. The guilt over what you can't afford. The quiet worry about whether what you're making is enough — for their bellies and for your peace.

Friend, take a breath. You are not failing. And you are not alone in this.

Budgeting isn't deprivation. It's stewardship — caring well for what God has already placed in your hands. Planning meals, spending with intention, and stretching what you have isn't a sign that you're lacking. It's a sign that you're wise. That you're showing up for your family in a way that honors both them and the God who provides.

Scripture reminds us in **Philippians 4:19**, *"And my God will supply every need of yours according to his riches in glory in Christ Jesus."* That promise isn't about abundance falling from the sky — it's about trusting that as you faithfully steward what you have, God meets you in the process.

That's the heart behind **Abundant You**, my 10–12 week financial literacy program for women. We don't shame. We don't preach prosperity. We just walk together, one faithful step at a time, toward peace with money — starting with something as simple as what's for dinner tonight.

So grab a cup of coffee, pull up a chair, and let's feed our families well — together.

Inside this guide

- Five complete family dinners, each under \$15
- Realistic grocery costs, line by line
- A simple weekly meal-planning grid
- A grace-filled money mindset tip with every meal

The 5 Meals

Meal 1 — One-Pot Taco Pasta

Warm, cheesy, and ready in 25 minutes — a weeknight win the whole table will love.

Ingredients

- 1 lb ground turkey
- 1 box (12 oz) penne or rotini pasta
- 1 packet taco seasoning
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (10 oz) diced tomatoes with green chiles
- 2 cups shredded cheddar cheese
- 1 small container sour cream

Instructions

1. Brown the ground turkey in a large pot over medium heat; drain if needed.
2. Add taco seasoning, diced tomatoes (undrained), black beans, and 3 cups water. Stir.
3. Add dry pasta. Bring to a boil, then reduce heat, cover, and simmer 12–15 minutes, stirring occasionally, until pasta is tender.
4. Stir in 1½ cups cheese until melted. Top each bowl with remaining cheese and a dollop of sour cream.

Cost Breakdown

1 lb ground turkey	\$4.50
1 box pasta	\$1.25
1 packet taco seasoning	\$0.75
1 can black beans	\$1.00
1 can diced tomatoes w/ green chiles	\$1.10
2 cups shredded cheese	\$2.50
Sour cream (small)	\$1.50
Total	~\$12.60

Abundant You takeaway: One-pot meals save time, water, and cleanup — small efficiencies add up to real monthly savings.

Meal 2 — Black Bean & Rice Burrito Bowls

Customizable, filling, and pantry-friendly — let everyone build their own.

Ingredients

- 2 cups long-grain white rice
- 2 cans (15 oz each) black beans, drained and rinsed
- 1 jar (16 oz) mild salsa
- 1 bag (12 oz) frozen corn
- 2 cups shredded Mexican-blend cheese
- 1 package (10 ct) flour tortillas
- 1 ripe avocado, sliced (optional)

Instructions

1. Cook rice according to package directions (about 20 minutes).
2. In a small pot, warm black beans with $\frac{1}{2}$ cup salsa over low heat.
3. Microwave or steam frozen corn until tender.
4. Set out rice, beans, corn, salsa, cheese, avocado, and tortillas family-style. Let each person build their bowl or burrito.

Cost Breakdown

2 cups rice	\$0.80
2 cans black beans	\$2.00
1 jar salsa	\$2.50
1 bag frozen corn	\$1.50
2 cups shredded cheese	\$2.50
Flour tortillas (10 ct)	\$2.00
1 avocado	\$1.00
Total	~\$12.30

Abundant You takeaway: Building meals around pantry staples (rice, beans, salsa) lowers your grocery bill and reduces waste — a core zero-based budgeting habit.

Meal 3 — Sheet-Pan Sausage & Veggies

Toss, roast, relax — one pan, almost no cleanup, dinner in 30 minutes.

Ingredients

- 1 package (14 oz) smoked sausage or kielbasa, sliced into rounds
- 2 medium potatoes, diced
- 1 bag (12 oz) frozen green beans
- 1 bell pepper, chopped
- 1 small onion, chopped
- 2 tablespoons olive oil
- Salt, pepper, garlic powder, paprika (from pantry)

Instructions

1. Preheat oven to 400°F. Line a large baking sheet with parchment or foil.
2. In a bowl, toss potatoes, sausage, bell pepper, and onion with olive oil and seasonings.
3. Spread evenly on the pan. Roast 20 minutes.
4. Add frozen green beans to the pan, toss lightly, and roast another 10 minutes until everything is golden and tender.

Cost Breakdown

1 package smoked sausage	\$3.50
2 potatoes	\$1.00
1 bag frozen green beans	\$1.80
1 bell pepper	\$0.90
1 onion	\$0.70
Olive oil (pantry)	\$0.30
Seasonings (pantry)	\$0.20
Total	~\$8.40

Abundant You takeaway: In zero-based budgeting, every dollar gets a job — just like every ingredient on a sheet pan earns its place. Nothing wasted.

Meal 4 — Hearty Lentil Soup

Slow-simmered comfort for under \$7 — proof that nourishing doesn't have to be expensive.

Ingredients

- 1 bag (16 oz) dry lentils, rinsed
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 can (15 oz) diced tomatoes, undrained
- 4 cups chicken or vegetable broth
- 2 cloves garlic, minced (or 1 tsp garlic powder)
- 1 tsp cumin, 1 tsp dried oregano, salt and pepper (from pantry)

Instructions

1. In a large pot, sauté onion, carrots, and celery in a splash of olive oil 5 minutes. Add garlic and spices; stir 1 minute.
2. Add lentils, diced tomatoes (undrained), and broth. Bring to a boil.
3. Reduce heat, cover, and simmer 25–30 minutes until lentils are tender.
4. Season with salt and pepper to taste. Serve with bread or crackers if you have them.

Cost Breakdown

1 bag dry lentils	\$1.50
1 onion	\$0.70
2 carrots	\$0.60
2 celery stalks	\$0.50
1 can diced tomatoes	\$1.10
4 cups broth	\$1.80
Garlic & seasonings (pantry)	\$0.30
Total	~\$6.50

Abundant You takeaway: One meatless meal a week can save \$20–40 a month — a small shift that quietly builds your savings, the Abundant You way.

Meal 5 — One-Pot Chicken & Rice

Cozy, familiar, and stretches one pound of chicken across four full plates.

Ingredients

- 1 lb boneless, skinless chicken thighs, cut into bite-sized pieces
- 2 cups long-grain white rice
- 1 small onion, diced
- 1 bag (12 oz) frozen peas and carrots
- 2 cups chicken broth
- 1 cup water
- 1 tsp garlic powder, 1 tsp paprika, ½ tsp oregano, salt and pepper (from pantry)

Instructions

1. Season chicken pieces with salt, pepper, and paprika. In a large pot, brown over medium heat 5–6 minutes.
2. Add onion; cook 3 minutes until soft.
3. Stir in rice, broth, water, garlic powder, and oregano. Bring to a boil.
4. Cover, reduce heat to low, and simmer 18–20 minutes until rice is tender and liquid is absorbed.
5. Stir in frozen peas and carrots during the last 5 minutes. Fluff and serve.

Cost Breakdown

1 lb chicken thighs	\$5.00
2 cups rice	\$0.80
1 onion	\$0.70
1 bag frozen peas & carrots	\$1.50
2 cups chicken broth	\$0.90
Seasonings (pantry)	\$0.30
Total	~\$9.20

Abundant You takeaway: Cooking once and eating twice doubles the value of your time and groceries. Plan for leftovers — they're a budget's best friend.

Plan Your Week

You've got five dinners. Now give them a home in your week.

Taking ten minutes on Sunday to map out meals is one of the simplest, most powerful money habits you can build. It cuts impulse takeout, reduces grocery trips, and gives you a little margin back in your evenings. That's stewardship in action.

Use the grid below to plug in your meals — and don't be afraid to swap or repeat. Grace over perfection, always.

Day	Meal
Monday	_____
Tuesday	_____
Wednesday	_____
Thursday	_____
Friday	_____

Tip: Write your grocery list straight from this grid. You'll walk into the store with a plan — and walk out with exactly what you need.

A Warm Invitation

Friend, if you've made it this far, I want you to hear something: feeding your family well on a budget isn't just possible — it's already happening, one meal at a time. You showed up. You planned. You stewarded what you had. That matters more than you know.

This guide is a tiny taste of what I walk women through inside **Abundant You** — my 10–12 week financial literacy program designed just for you. Together, we cover your money mindset, build a clear budget that actually fits your life, learn simple savings and debt strategies, and grow your confidence step by step. No shame. No jargon. No prosperity-gospel pressure. Just faithful, practical wisdom — for the table and beyond.

You don't have to figure it all out today. One faithful step at a time.

Join Abundant You today.
Link in bio — or sign up at laurapowerscoaching.com.

You were made for abundance, dear one. Let's walk toward it together.

With love and prayer,

Laura Powers

The budgeting tips, meal strategies, and money mindset content in this guide are for general educational purposes only. They are not personalized financial, investment, tax, or legal advice. Abundant You is an educational program, not financial advising. Please consult a qualified professional for guidance specific to your situation. Always trust your own judgment for what's best for your family.