



Episode #5 - Family Style Budget Friendly Series

[Eat for \\$2 a Day: Quick Family Meals on a Budget \(Video Instructions\)](#)

**Based on local Walmart average prices (and not including common pantry items)*

Total Per Day = \$1.99 per person (\$7.94 total for 4 people)

Oatmeal & Banana (\$1.68 | \$0.42/Serving)

4 Servings

- 2 Cups Dry Oatmeal (\$0.60 | \$0.15/Serving)
- 4 Cups Water
- 4 Sliced Bananas (\$1.08 | \$0.27/Banana)
- Cinnamon & Nutmeg as Needed (Pantry Staple)

Spaghetti with Marinara (\$2.87 | \$0.72/Serving)

4 Servings

- 4 Servings Dry Spaghetti (\$0.49 | \$0.12/Serving)
- 1 Jar Marinara Sauce (\$2.38)
- Water (to boil pasta)
- Salt as Needed (Pantry Staple)
- Italian Seasoning (Pantry Staple - Optional)

Rice and Beans (\$3.39 | \$0.85/Serving)

4 Servings

- 2 Cups (1 lb) Dry White Rice (\$0.88)
- 1 Cup (1/2 lb) Dry Black Beans (\$0.74 | \$1.48/lb)
- 1 Bunch Chopped Cilantro (\$0.97)
- 1 Lime Juiced (\$0.25)
- 4 Chopped Garlic Cloves (\$0.28 | \$0.82/bulb)
- 1 Diced Roma Tomato (\$0.27)
- 5 Cups of Water
- Olive Oil & Seasonings as Needed (Pantry Staples)