

Healthy Dinners Under \$5

Budget-friendly, healthy dinner decisions for busy evenings - without complicated recipes or long shopping lists.



FIND WHAT YOU NEED

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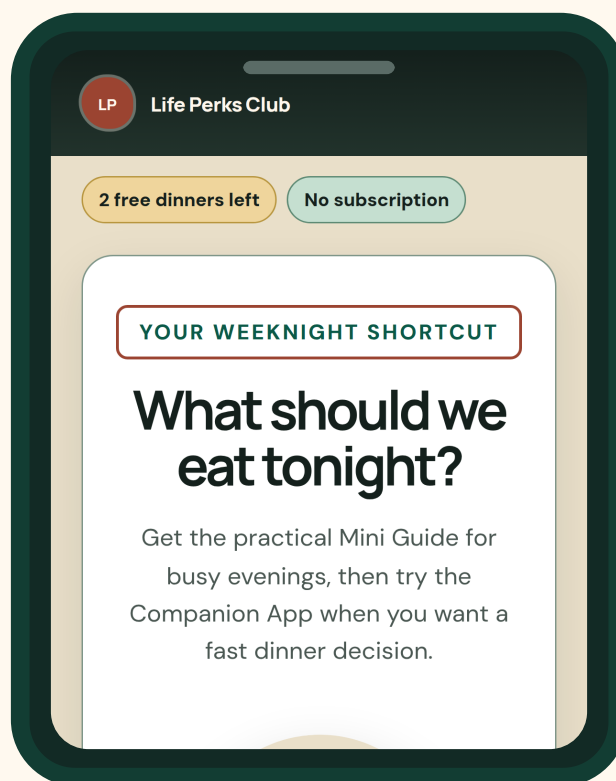
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Quick Route



Start with the Companion App

Skip the reading. Tell the Companion App what's in your kitchen, and get tonight's dinner sorted in under a minute.

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Open the app and list 3–5 ingredients

Start from what is already in your kitchen. Each dinner shows what it needs.

Get 10 ranked dinner directions instantly

Matched to what you have, ready in seconds, budget-friendly by design.

Make it your go-to move

Stuck on dinner again tomorrow, or next week?
Open the app and repeat — that's the whole habit.

CONTINUED

However dinner trips you up: every weeknight when you're staring into the fridge, once on Sunday to line up the week, or only on the nights nothing else comes to mind — there's no wrong way to use it.

What the app actually does

You pick 3 to 5 things you already have from the app's list — not a shopping list, but what is in your kitchen right now.

It ranks 10 dinners that use them, best fit first, and tells you what each one needs.

You pick one and cook. If none of them appeal, change a single ingredient and rank again.

CONTINUED

Save favorites and add personal notes, so your app is tailored to your preferences.

What it will not do

It will not send you shopping, and it will not ask you to plan a week. It answers one question — what is for dinner tonight.

Try it, no strings attached.

Your first 2 dinner decisions are free — enough to see exactly how much time it saves.

Want the full practical plan? Continue with A Faster Dinner Decision on page 7.

Open Healthy Dinners Under \$5

<https://healthy-dinners-under-5.lifeperksclub.com>

[START HERE](#)

A Faster Dinner Decision



What this guide solves

One practical dinner direction from familiar, affordable ingredients.

The hard part of weeknight dinner is often not cooking. It is deciding. You may have enough food

CONTINUED

nearby, but too many possible combinations and too little energy to sort them.

Healthy Dinners Under \$5 gives you a simple way to turn scattered ingredients into one practical dinner direction.

THE PROMISE

Choose something affordable, balanced and familiar enough that you will actually make it tonight. The meal does not need to be perfect. It needs to be good, realistic and done.

THE METHOD

The 4-Part Formula

Fill 4 roles.

Foundation 01

Rice, pasta, potatoes, tortillas, bread, oats, soup, noodles or another low-cost base.

Protein 02

Eggs, beans, lentils, tuna, chicken, tofu, turkey, yogurt, cottage cheese or another affordable protein.

CONTINUED**Produce 03**

Frozen vegetables, carrots, cabbage, spinach, tomatoes, zucchini, onions, peas or other simple vegetables.

Finish 04

Salsa, lemon, herbs, soy sauce, tomato sauce, yogurt, hot sauce, pesto or a small amount of cheese.

THE SIMPLE RULE

If a choice makes the meal slower, more expensive or more confusing, skip it. A clear dinner that gets made beats a clever dinner that only lives in a plan.

BLUEPRINT

Rice Bowl

4 clear roles on one practical plate.

**FOUNDATION**

Rice

PROTEIN

Beans or eggs

PRODUCE

Frozen vegetables

FINISH

Salsa or soy sauce

Rice + beans or eggs + frozen vegetables + salsa or soy sauce.

BLUEPRINT

Pasta Skillet

A flexible, familiar weeknight shape.

**FOUNDATION**

Pasta

PROTEIN

Tuna, lentils or chicken

PRODUCE

Tomatoes or spinach

FINISH

Herbs

Pasta + tuna, lentils or chicken + tomatoes or spinach + herbs.

BLUEPRINT

Egg Dinner

Fast protein with a familiar base.



PROTEIN

Eggs

FOUNDATION

Potatoes, rice or toast

PRODUCE

Vegetables

FINISH

Hot sauce or yogurt

Eggs + potatoes, rice or toast + vegetables + hot sauce or yogurt.

BLUEPRINT

Bean Wrap

A hand-held dinner from low-cost staples.

**FOUNDATION**

Tortilla

PROTEIN

Beans or chickpeas

PRODUCE

Cabbage or tomatoes

FINISH

Salsa

Tortilla + beans or chickpeas + cabbage or tomatoes + salsa.

BLUEPRINT

Soup Upgrade

Turn prepared soup into a fuller dinner.

**FOUNDATION**

Prepared soup

PROTEIN

Beans, lentils or chicken

PRODUCE

Spinach or frozen vegetables

Prepared soup + beans, lentils or chicken + spinach or frozen vegetables.

BLUEPRINT

Potato Plate

A substantial base with flexible toppings.

**FOUNDATION**

Potatoes

PROTEIN

Cottage cheese, beans or eggs

PRODUCE

Cabbage, carrots or peas

Potatoes + cottage cheese, beans or eggs + cabbage, carrots or peas.

BLUEPRINT

Stir-Fry Shortcut

A quick route from freezer to dinner.

**FOUNDATION**

Rice or noodles

PROTEIN

Tofu, eggs or chicken

PRODUCE

Frozen mixed vegetables

Rice or noodles + tofu, eggs or chicken + frozen mixed vegetables.

BLUEPRINT

Tuna Toast

A no-fuss dinner from cupboard basics.

**FOUNDATION**

Bread or crackers

PROTEIN

Tuna

PRODUCE

Tomatoes, cucumber or carrots

FINISH

Yogurt and herbs

Bread or crackers + tuna + tomatoes, cucumber or carrots + yogurt and herbs.

BLUEPRINT

Lentil Bowl

A budget bowl with a clear finishing direction.

**PROTEIN**

Lentils

FOUNDATION

Rice or potatoes

PRODUCE

Spinach or carrots

FINISH

Tomato-herb finish

Lentils + rice or potatoes + spinach or carrots + tomato-herb finish.

BLUEPRINT

Clean-Out Dinner

Use what is already open before buying more.

**FOUNDATION**

1 foundation

PROTEIN

1 protein

PRODUCE

2 leftover vegetables

FINISH

1 finish

1 foundation + 1 protein + 2 leftover vegetables + 1 finish.

KEEP IT UNDER \$5 PER SERVING

Keep It Under \$5 Per Serving



Start with staples.

Flexible staples make inexpensive meals work again and again.

Use the foods that make inexpensive meals work again and again: rice, pasta, potatoes, beans, eggs,

CONTINUED

lentils, frozen vegetables, cabbage, tomatoes, onions and simple sauces.

Buy one useful upgrade if it changes dinner. Do not buy 5 extras just because a recipe would look nicer.

USE THE NO-WASTE TEST

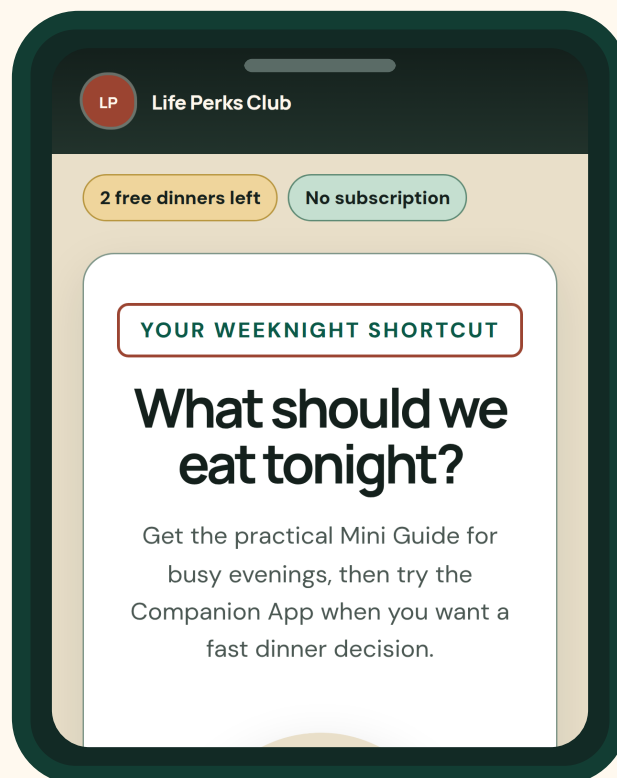
Before adding an ingredient, ask: Will I use the rest this week? If the answer is no, choose a smaller, cheaper or more flexible option.

OPTIONAL COMPANION APP

Use The Under \$5 Dinner Builder Companion App

Your ingredients in. Ranked dinner recommendations out.

When you do not want to think through the formula yourself, use the Companion App. Choose



CONTINUED

3-5 ingredients and the app returns 10 ranked dinner recommendations for your evening.

Save favorites and add personal notes, so your app is tailored to your preferences.

2 complete free dinner decisions. A free trial counts only after the app shows all 10 ranked recommendations.

CONTINUED

The third use requires a one-time \$9 unlock for unlimited future use. No subscription. No automatic renewal.

2 FREE DINNERS

10 RANKED OPTIONS

ONE-TIME \$9

Open Healthy Dinners Under \$5

<https://healthy-dinners-under-5.lifeperksclub.com>

VARIETY AND SEASONAL NOTES

Variety and Seasonal Notes

Variety and seasonal choices.

Dinner variety note

The app is built with more than 1,000 budget-friendly Meal Objects, so the dinner suggestions have enough variety for both free trials and unlocked use.

Seasonal note

Seasonal picks are optional low-cost ingredient ideas in the app. They support the same 3-5 ingredient rule and do not replace frozen, canned, or long-lasting vegetables.

A GENTLE NOTE

Food Safety and Cost Notes

Practical estimates and general information.

Choose ingredients and handling that suit the people you are feeding.

Costs are practical per-serving estimates based on typical supermarket prices and may vary by store, location, season, package size, and ingredients already at home.

Meal suggestions are general information, not medical, nutritional, or dietary advice. Check ingredient labels and adapt meals for allergies, intolerances, dietary needs, and safe food handling.

FINAL CHECKLIST

Tonight's Quick Checklist

Before you decide and before you cook.

Before you decide

- Choose 3-5 ingredients you actually have or would happily use tonight.
- Keep the dinner shape simple: one foundation, one protein, one produce element and one finish.
- Avoid adding ingredients that make the meal slower, more expensive or harder to clean up.

CONTINUED**Before you cook**

- Check labels, storage instructions and allergens.
- Follow package cooking directions and food-safety guidance.
- Let the Companion App narrow the choice when you do not want to think it through yourself.

The meal does not need to be perfect. It needs to be good, realistic and done.

SOURCES

More Where This Came From

What we make, and how to get the next one.

Life Perks Club makes Mini Guides for the small problems that quietly eat a week — too ordinary to look up, too frequent to ignore. Dinner with nothing planned. A grocery run with no list.

Each guide takes one problem, works out the shortest honest answer, and stops there. No filler, no course, no subscription. The guides are free —

CONTINUED

only the optional Companion App ever costs anything.

One problem, one guide, and an answer short enough to use tonight. That is the whole idea, and it is the reason there is no course attached to it.

If a guide saved you a decision this week, the next one will too. They come out when they are finished, not on a schedule, and the list is the only place they are announced.

Get the next useful solution first.

CONTINUED

New Mini Guides, Companion Apps and practical ideas go to the email list before anywhere else. Occasional, and free — the same as this one.

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