



GOING HOME

Inside Track, Week 5: plan your first 72 hours and your first grocery trip.

OUTSIDE EATS.ORG

Plan your first week.

The first days home are busy. Plan food now.

This week you will plan where your first meals come from, what to buy first and where to get help if money runs short.

Use this workbook with the Fresh Start Guide. It has more meals, a full grocery list and places to find food help.

Important: general educational information only. Follow your facility's rules on food, trading and storage. For medical or diet needs, use your facility's medical or diet request process.

Same four parts, outside.

These are cheap, last a long time and make many meals.

1

BASE

- Rice
- Oats
- Pasta
- Potatoes
- Tortillas
- Bread

2

PROTEIN

- Dry beans
- Canned beans
- Lentils
- Peanut butter
- Eggs
- Frozen peas

3

PRODUCE

- Frozen veg
- Bananas
- Apples
- Onions

4

FLAVOR

- Salsa
- Hot sauce
- Garlic powder
- Chili powder
- Salt + pepper
- Tomato sauce

TRY IT

Rice + beans + frozen veg + salsa = four meals. Oats + peanut butter + bananas = a week of breakfasts.

My first 72 hours

DAY 1

Where I will eat.

DAY 2

What I will buy.

DAY 3

Where to get help.

YOU ARE NOT ALONE

Food banks, pantries and SNAP exist so no one has to figure this out alone. Asking for help is part of the plan.

TRY IT THIS WEEK

First-week meals

Two cheap meals from your first grocery trip.

One-Pot Beans + Rice



STOVE OR MICROWAVE

YOU NEED

- rice
- can of beans
- frozen vegetables
- salsa

DO THIS

Cook the rice.

Stir in beans, veg and salsa. Heat until hot.

OPTIONALLY:

Wrap leftovers in tortillas for lunch.

Banana PB Oats



STOVE OR MICROWAVE

YOU NEED

- oats
- water or milk
- peanut butter
- banana

DO THIS

Cook oats with water about 2 min.

Stir in peanut butter. Top with banana.

OPTIONALLY:

Add cinnamon if you have it.

KEEP GOING

Finish this week's check-in to complete all five weeks of Inside Track and earn your certificate.

My plan for home

Check what you did this week.

- ☐ I know where I will stay.
- ☐ I know where my first meals will come from.
- ☐ I made my first grocery list.
- ☐ I know one food bank or pantry near home.
- ☐ I know how to apply for SNAP if I need it.
- ☐ I picked two first-week meals.
- ☐ I told someone my plan.
- ☐ I finished all five weeks.

One thing I learned:

The first meal I want to cook:
