Money is tight and one way or another most of us are feeling the pinch. It doesn't help that food prices are at an all time high, I am totally shocked how much more our grocery shop costs now verses what it cost last year and the year before that. I would guess that your grocery shop costs close to 100% more than it did 2-3 years back and that's very scary...

Below is a link to a forum thread on the 'Mommy Savers' website. Someone started the thread asking what was people's favorite meal costing $5 or less and there are now 30 pages with over 250 recipes and meal ideas for family meals on a budget. Some of the posts are recipes are a few years old, but the thread is full of frugal meal ideas so check it out before you do your next grocery shop. Quick tip - I would go to page 30 and work backwards, as you will then see the most recent recipes first.

250+ Family Meals All Costing Less Than $5

(Photo from: ukcider)