

## Good Food on a Tight Budget

- Determine budget
- Use a menu planner
- Use a price tracker

Plan meals around the inventory in your pantry/freezer and sales at the market.

EAT before you start menu planning and shopping!!

Shop online and then pick-up if possible. This prevents impulse shopping.

Perimeter shop where whole food options are found.

Choose foods with less than 5 ingredients or ingredients you can pronounce.

Buy in bulk when on sale. Great bulk foods are:

potatoes, sweet potatoes, carrots, cabbage, brown rice, oatmeal, bread (freezable), beans, lentils, carrots, celery, onion.

\*organic dried beans are great!

\*carrots, celery, and onion are great to chop and freeze for future soup/stew starters

Buy produce on sale. Freeze when it starts to go off. Great for smoothies, oatmeal and yogurt.

Whole or bone-in chicken. Multiple meals can come from a whole chicken. Boil down bones for homemade chicken broth. Freeze flat in ziplock bags for future recipes.

Batch cook.

Cook at home more and eat out less.

The frozen section is great for frozen fruits and vegetables (with out sauces).

Eat less cheese. Buy blocks and shred yourself. Never buy shredded cheese. Manufacturers coat shredded cheese in cellulose to keep the pieces from clumping. Cellulose is a major component of tough cell walls that surround plant cells, and is what makes plant stems, leaves, and branches so strong. For example, the 30% of a tree that can be made into paper....powdered wood pulp.

Yogurt - no light or lite. These are often loaded with sugars, artificial sweeteners and additives. Choose plain greek yogurt and add your own fruits and homemade granola.

Skip processed foods!

Buy whole forms of spices and grind what is needed with a mortar & pestle.

Make your own cooking spray using a spray bottle and favorite oil.

Make your own salad dressing.

Avoid at all costs:

trans fat, hydrogenated oil, high fructose corn syrup, artificial flavoring, artificial sweeteners and excitotoxins such as MSG, Avoid fast foods which are high in calories, low in fiber, high in unhealthy sugar, and artery clogging fats.

