

HOW TO EAT HEALTHY ON A BUDGET

Nutritious food doesn't have to drain your wallet. Here are 5 real-world strategies to prioritize healthy foods while reducing cost — plus 3 delicious recipes to get you started.

1

PRIORITIZE NUTRIENTS

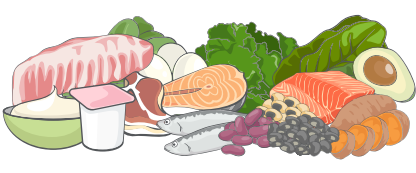
We need calories to meet immediate energy needs — but it's nutrients that keep us healthy long-term.

NUTRIENT-POOR



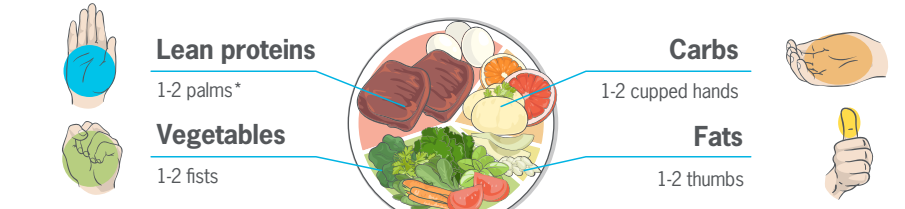
Nutrient-poor foods may be cheap and filling, but they can lead to deficiencies and health problems.

NUTRIENT-RICH

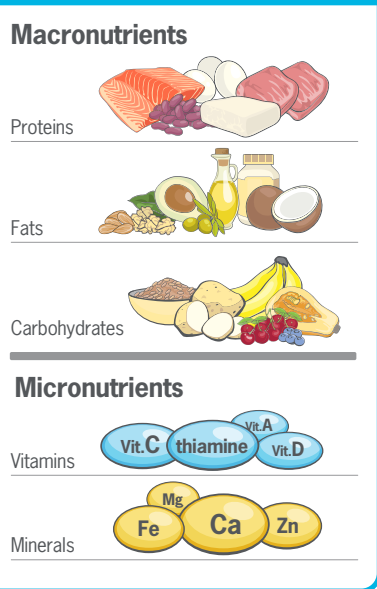


Nutrient-rich foods may cost a little more, but they keep us satisfied and help protect our health.

AIM FOR A BALANCE OF NUTRIENTS AT EACH MEAL



Nutrients



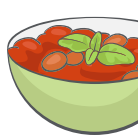
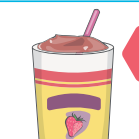
*Scale portions up or down according to activity levels and body composition goals.

For how to build balanced, appropriately-portioned meals: <https://www.precisionnutrition.com/calorie-control-guide-infographic>
For more information on nutrient-dense fruits and vegetables: <https://www.precisionnutrition.com/color-chart>
For delicious ways to prep veggies: <https://www.precisionnutrition.com/dont-like-vegetables-infographic>

2

MAKE MOST OF YOUR MEALS

Buying ready-to-eat prepared foods is generally much more expensive than buying whole ingredients, which you can then prepare yourself.

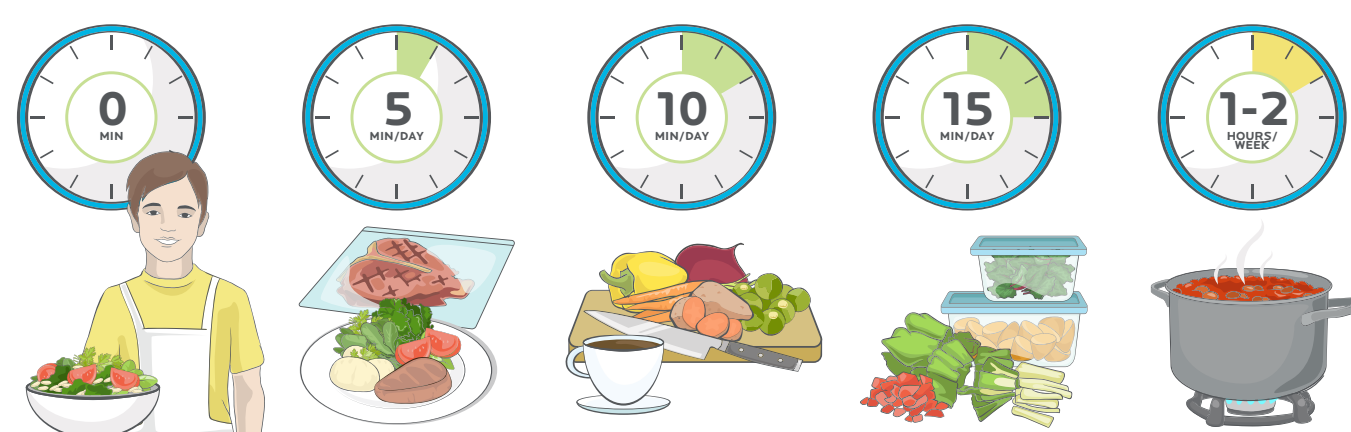
RESTAURANT	GROCERY	MAKE IT FROM SCRATCH
 TIM HORTONS CHILI \$4.19	 AMY'S ORGANIC CHILI - CAN - 398ML \$3.49	 DR. JOHN'S CHILI* \$2.25
 BOOSTER JUICE 16OZ SMOOTHIE \$8.99	 BOLTHOUSE FARMS B-LINE SMOOTHIE 16OZ \$2.49	 PN SUPER SHAKE \$2.00
 SPINACH SALAD WITH GRILLED CHICKEN \$16.99	 WHOLE FOODS SALAD BAR \$6.99	 SPINACH SALAD WITH LEFTOVER ROASTED CHICKEN \$2.25

For more ideas on how to build simple, delicious meals from scratch: <https://www.precisionnutrition.com/create-the-perfect-meal-infographic>
*For Dr. John's Chili recipe: <https://www.precisionnutrition.com/weekly-meal-prep-infographic>

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PRE-PREP YOUR MEALS

A little more time in the kitchen can yield big money-saving results by keeping you out of your take-out app or the drive-thru lane.



Ask roommates, a partner, or older kids to help. (They may even enjoy the meal more after chipping in!)

For most meals, cook more food than you need so you have leftovers for eating and repurposing.

Pair extra food prep with other tasks, like listening to the news or drinking your morning coffee.

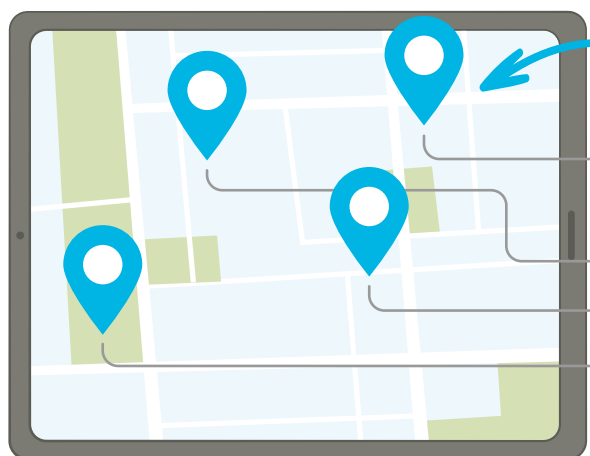
Do quick-prep batches, like hard-boiling eggs, chopping veggies, soaking beans, freezing herbs, etc.

Cook big batches of more time-intensive foods like stew, casserole, granola, grains, beans, meat, etc.

For more smart strategies to work food prep into your busy schedule: <https://www.precisionnutrition.com/weekly-meal-prep-infographic>
<https://www.precisionnutrition.com/make-time-for-exercise-and-nutrition-infographic>

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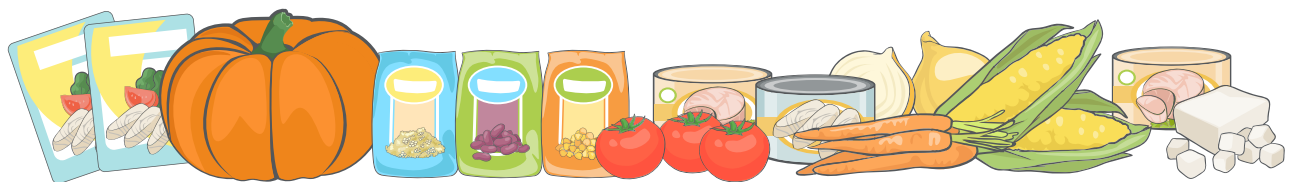
BECOME A SAVVY SHOPPER



MOST COST-EFFECTIVE PLACES

- Family-run urban neighborhood fruit and vegetable stores
- Bulk food stores
- Discount grocery stores
- Farmers / community supported agriculture (CSA)
- Your own garden

MOST COST-EFFECTIVE FOODS



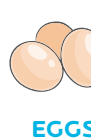
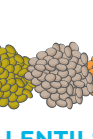
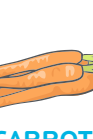
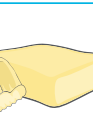
- Dried beans / grains
- Seasonal produce
- Frozen fruit & vegetables
- Less popular cuts of meat (like organ meats or bone-in cuts), canned fish, or plant-based proteins (like tofu, tempeh, or beans / lentils)

CONSIDER THE UNIT COST

Some items might have a higher price, but the cost per serving is very low.



THE LOW-COST, NUTRIENT-RICH ALL STAR CAST

PROTEINS	CARBS	VEGETABLES	FATS	FRUITS	FLAVOR UPGRADES
 EGGS (\$0.35 / portion)	 BROWN RICE (\$0.90 / portion)	 CABBAGE (\$0.20 / portion)	 SUNFLOWER SEEDS (\$0.45 / portion)	 BANANAS (\$0.15 / portion)	 ONIONS (\$0.10 / portion)
 CANNED FISH (\$1.00 / portion)	 LENTILS (\$0.55 / portion)	 CARROTS (\$0.15 / portion)	 PEANUTS (\$0.15 / portion)	 SEASONAL APPLES (\$0.50 / portion)	 GARLIC (\$0.05 / portion)
 WHOLE CHICKEN (\$1.90 / portion)	 POTATOES (\$0.30 / portion)	 BEETS (\$0.15 / portion)	 GHEE/BUTTER (\$0.20 / portion)	 MELON (\$0.50 / portion)	 SPICES (\$0.05 / portion)
 TOFU (\$0.90 / portion)	 BEANS (\$0.40 / portion)	 ROMAINE LETTUCE (\$0.30 / portion)	 FULL FAT MILK/YOGURT (\$0.35 / portion)	 ORANGES (\$0.65 / portion)	 HERBS (\$0.15 / portion)
 FLANK/TRIM STEAK (\$2.00 / portion)	 OATS (\$0.20 / portion)	 FROZEN SPINACH (\$0.50 / portion)	 EXTRA VIRGIN OLIVE OIL (\$0.20 / portion)	 FROZEN BERRIES (\$0.90 / portion)	 CITRUS (\$0.15 / portion)

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PRE-PREP YOUR MEALS

When perfectly good food rots in the fridge, it's like throwing money away.

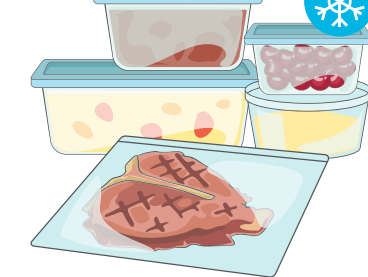
PLAN BEFORE YOU SHOP

Look at the week ahead to see how many meals you'll need, and how much time you have for food prep. Make a list and stick to it to avoid overbuying and impulse purchases.



LEARN TO PRESERVE FOOD

Extend the life of foods from days to months (or even years) with these tips.

DAYS	MONTHS	YEARS
 When whole fruits or vegetables on the counter get ripe, transfer them to the fridge to extend their life by a few days.	 When food in the fridge won't be eaten soon, transfer to an airtight, freezer-safe container or re-sealable bag and store in the freezer for 3-6 months. Lightly steam or boil veggies before freezing.	 Learn how to make jams, pickles, dehydrated / fermented goods, smoked / cured meats, etc. Some of these methods can preserve foods for years.

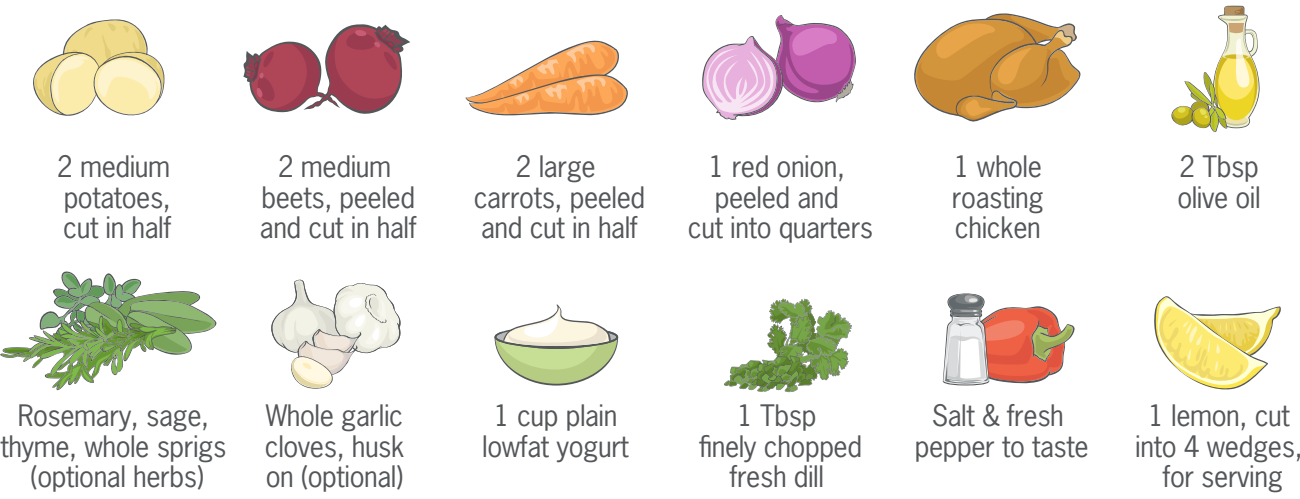
3 DELICIOUS, BUDGET-FRIENDLY RECIPES

Here are 3 easy, nutritious recipes to try, using items from the Low-cost, Nutrient-rich All-Star Cast.

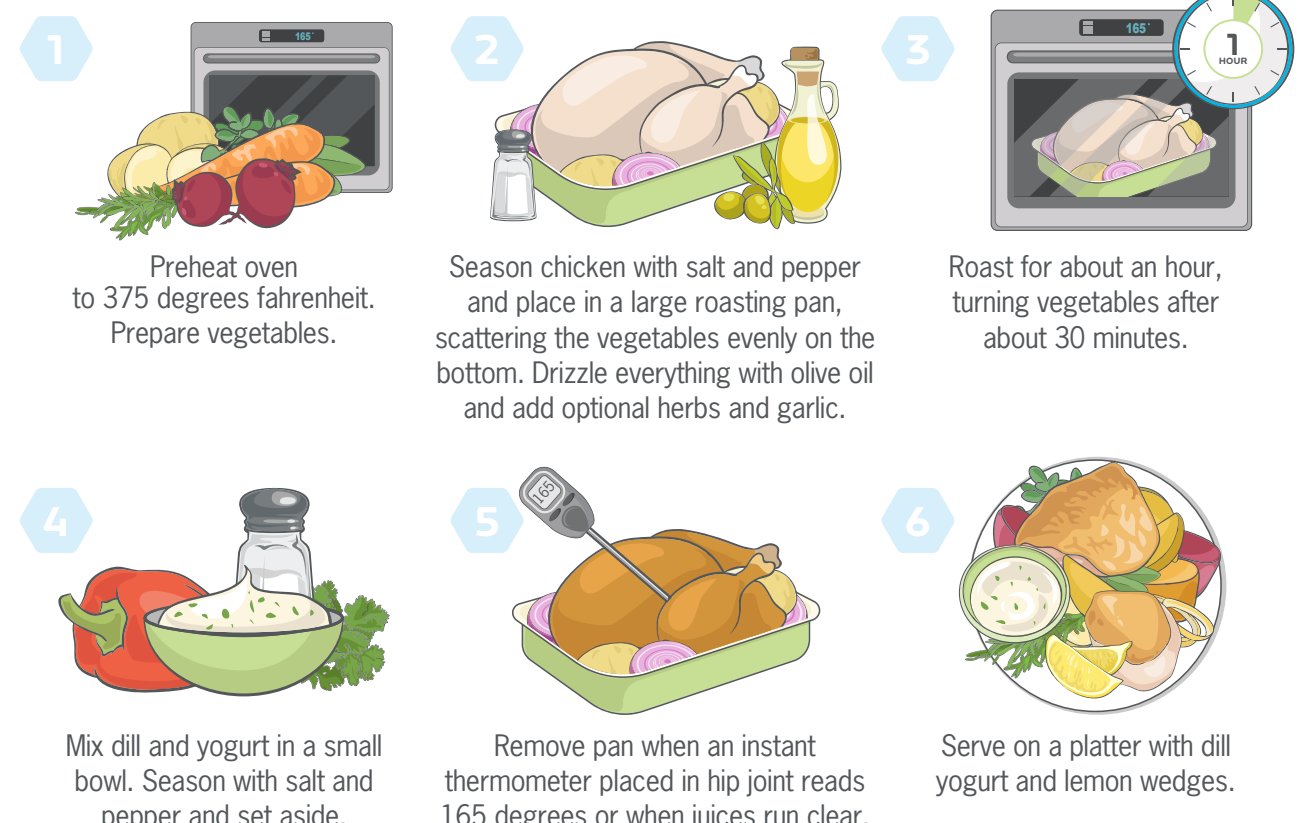
ROAST CHICKEN WITH ROOT VEGETABLES & YOGURT DILL SAUCE

20 MIN PREP
1.5 HOURS TOTAL
4 SERVES
\$5.00 PER SERVING

INGREDIENTS:



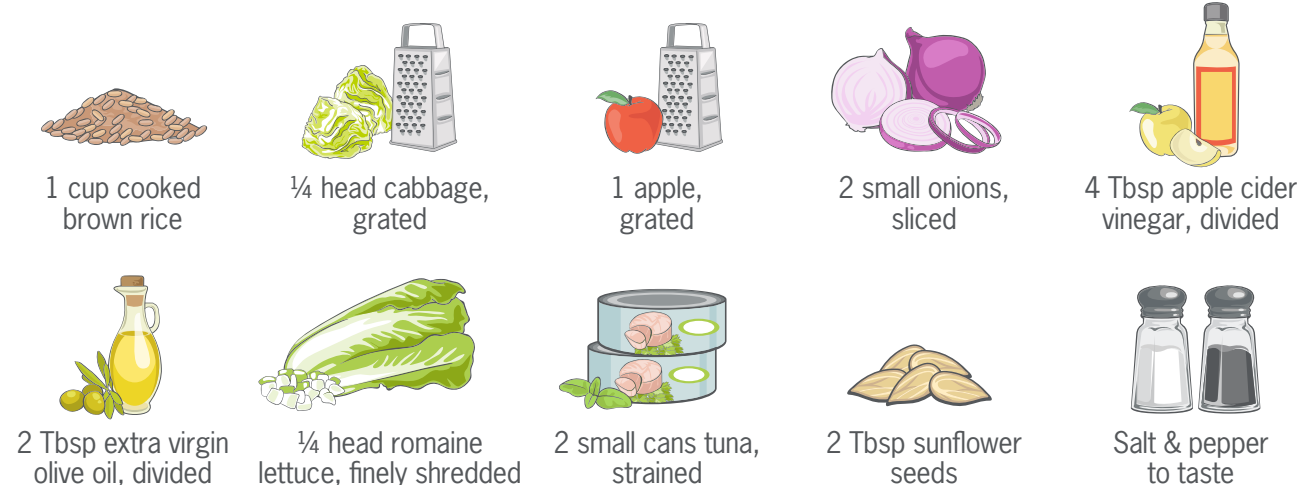
INSTRUCTIONS:



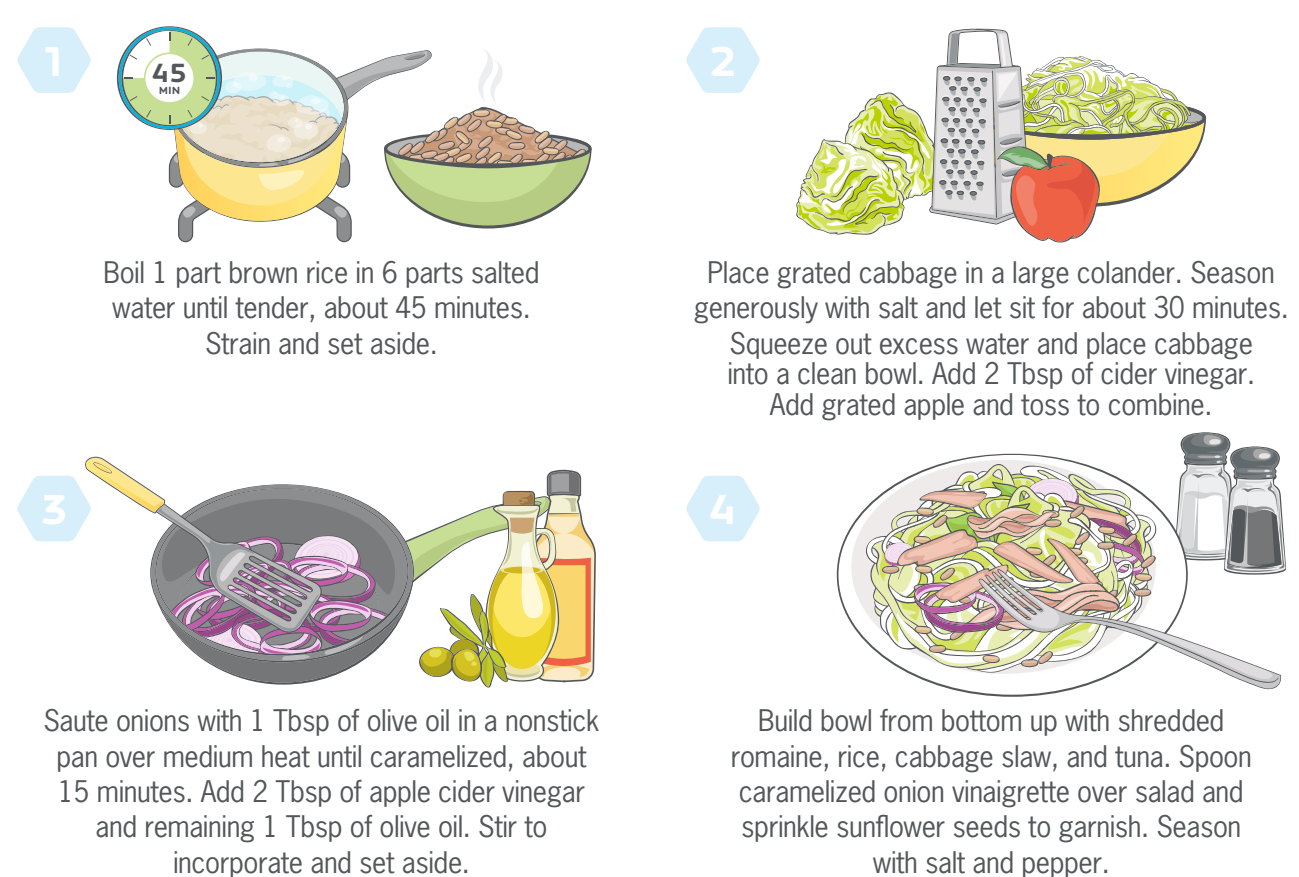
TUNA & RICE SALAD BOWL WITH APPLE SLAW & CARAMELIZED ONION VINAIGRETTE

20 MIN PREP
1 HOUR TOTAL
2 SERVES
\$3.50 PER SERVING

INGREDIENTS:



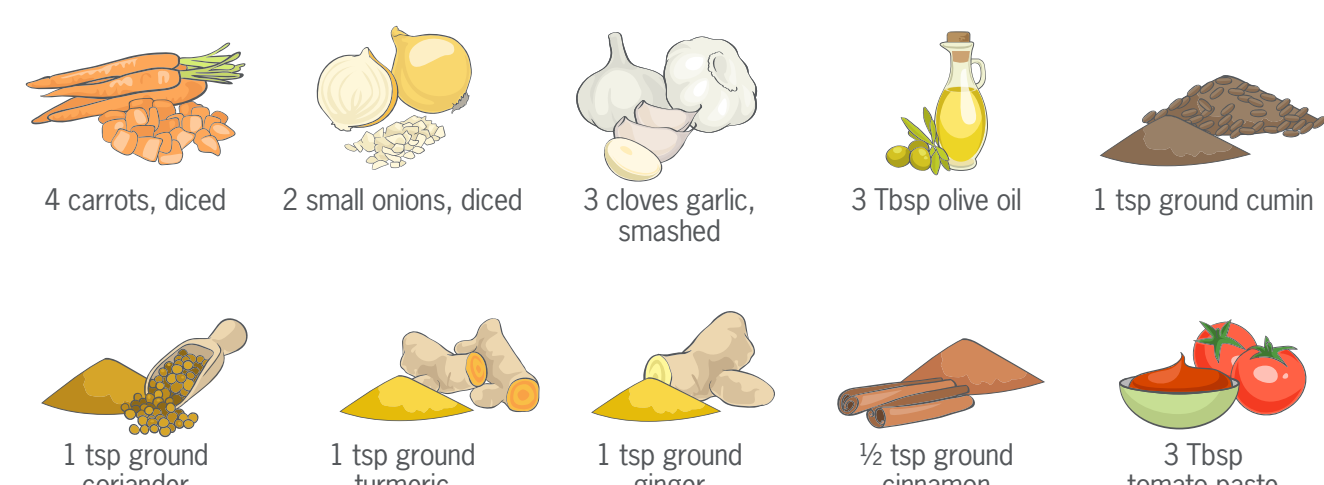
INSTRUCTIONS:



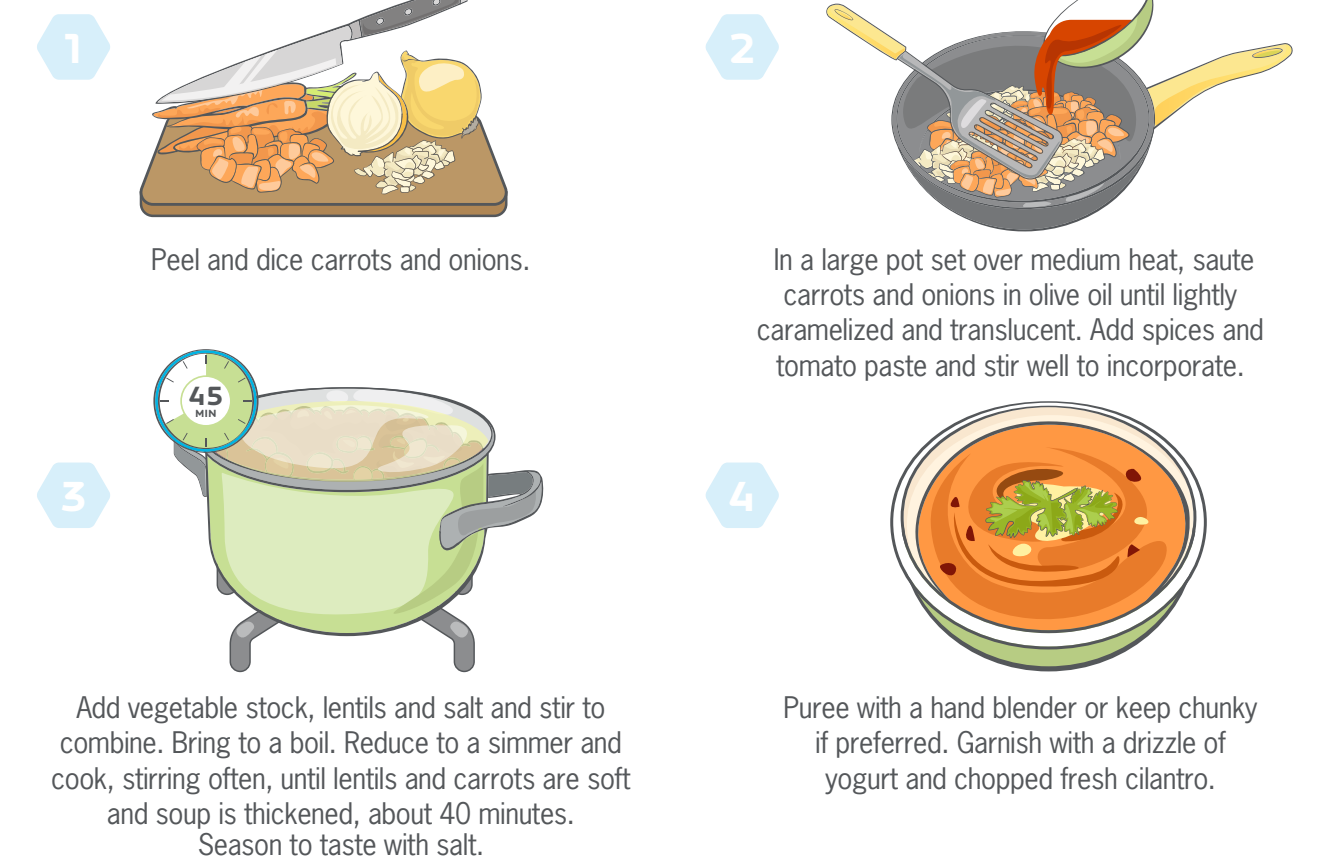
SPICED LENTIL-CARROT SOUP WITH YOGURT & CRISPY ONIONS

10 MIN PREP
50 MIN TOTAL
12 SERVES
\$0.75 PER SERVING

INGREDIENTS:



INSTRUCTIONS:



For the full article explaining this infographic: <https://www.precisionnutrition.com/eat-healthy-on-a-budget-infographic>