



HOW TO BUY HEALTHY FOOD

That doesn't cost a
fortune or take you all
day to find



GUIDE

So do you plan out your shopping or just try to remember what you need when you're in the shop?

Firstly, If you said yes to that, then you need to start with a list. It's the simplest way you can keep yourself accountable on the shopping and stopping yourself from throwing things in the trolley you don't need. Doing it online? Use a list too.

What needs to go on the list? Well, each and every family/household will be different. Different tastes, cultures, preferences and dietary requirements. Therefore, it would be pointless me telling you what to buy. But here is where I can help. If you begin to plan your meals at the end of the week for the week ahead you will be much clearer on what you need. Go forward a few pages and my shopping list/meal planner is there for you to use.

GUIDE

So now you've got a number of meals for the week in front of you. What ingredients go into each of those. That's the first items on the list. What snacks, fruit and other extras are also needed throughout the week. I mean actually required. Not just desired. Add them to the list too.

You see how this list is now forming into things that you need for the week and not just replacing what's in your cupboard. Now if you're struggling with the meal plan and stuck for ideas then I would suggest buying a cookbook. Meals in under 30 minutes would be ideal for the busier people who read this.

GUIDE

So now we're onto the actual shop itself and getting the food. General advice would be to look for discounts and reduced sections within the shop. There is nothing wrong with the items in this section, they just have less date on them. So if you plan on using them immediately then it doesn't matter.

Shops are crafty with how they display things. They will put all the snacks and desirables on the ends of aisles, so that you just keep throwing bits in. By all means have a few treats and don't restrict yourself too much, but just be sensible.

Now onto price. Fresh food will generally be cheaper.

GUIDE

Buying items in bulk also, for example, 1kg bags of rice rather than Uncle Bens microwave rice. If you make several of these substitutions, then the cost saving will add up. Another great one is oats. Buy a 2kg Bag of oats rather than single packets.

When you're also looking at products, be sure to read the (Price per 100g) part of the price tag. This can sometimes mean non-discounted items are still cheaper but because there is a big yellow tag on something, you're drawn to it.

Lastly, don't be too hard on yourself. It will take time to change your shopping habits but keep trying new things.



MEAL PLANNER

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>
<i>Mon</i>				
<i>Tues</i>				
<i>Wed</i>				
<i>Thurs</i>				
<i>Fri</i>				
<i>Sat</i>				
<i>Sun</i>				

SHOPPING LIST

<i>Dairy</i>	<i>Meat/Fish</i>	<i>Veg/Fruit</i>	<i>Carbs</i>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>Frozen</i>		<i>Other</i>	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



DID THIS HELP YOU?

**I'd love to know if it
did so please drop
me a message. If
there's also anything
else I can help you
with then please get
in touch.**

 **BillyButler_PT**