



HOW TO DO VEGAN ON A BUDGET!

Wellness through Nature



La Natura

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Dispelling The Myth: Eating A Vegan Diet Is Too Expensive!

Contrary to the common belief that adopting a vegan diet is a costly endeavour, embracing plant-based eating can actually be budget-friendly. Many of the staples in a vegan diet, such as lentils, beans, rice, tofu and seasonal fruits and vegetables, are some of the most affordable foods available, especially when purchased in bulk. These nutrient-dense ingredients form the foundation of countless inexpensive, delicious meals. By planning meals around these cost-effective staples and incorporating occasional splurges on items like more

costly nuts, individuals can maintain a balanced and varied diet without breaking the bank. Furthermore, reducing or eliminating processed vegan specialty products, like vegan burgers and biscuits etc, which can be pricey, allows for an even more economical approach to veganism. With thoughtful planning and smart shopping, a vegan diet can be both nourishing and affordable.

Top 10 Basic & Affordable Pantry Staples

Building a vegan pantry doesn't have to be expensive. Here are some essential, budget-friendly staples that are both nourishing and versatile for creating a variety of delicious plant-based meals:

1. **Lentils:** These are not only affordable but also rich in protein and fibre. They can be used in soups, stews, and salads.
2. **Rice:** A versatile staple, rice can be a base for many dishes. Opt for brown rice or wild rice for added nutrients.
3. **Beans:** Dried or canned beans, such as black beans or chickpeas, are inexpensive and packed with protein and fibre.
4. **Oats:** Perfect for breakfast or baking, oats are a cost-effective way to add whole grains to your diet.
5. **Pasta:** Whole grain or chickpea pasta is a filling staple that pairs well with a variety of sauces and vegetables.
6. **Canned Tomatoes:** These are a great base for sauces, soups, and stews. They add flavour and nutrients to many dishes.
7. **Nut Butters:** Peanut or almond butter can be a protein-rich addition to snacks and meals.
8. **Potatoes:** Versatile and filling, potatoes are useful for a variety of dishes, from mashes to curries.
9. **Onions and Garlic:** Essential for flavour, these ingredients are budget-friendly and enhance any dish.
10. **Frozen Vegetables:** These are often cheaper than fresh and can be just as nutritious, providing convenience and variety year-round.

Stocking your pantry with these staples can help you maintain a balanced, affordable vegan diet.

Eat Home-cooked Meals

Cooking at home offers numerous benefits both for your health and your wallet. Firstly, preparing meals at home allows for greater control over the ingredients used, ensuring a healthier diet by reducing the intake of processed foods, excess sodium, and unhealthy fats. Home-cooked meals means you can incorporate more fresh fruits, vegetables, and whole grains, promoting better nutrition and overall wellness. Financially, cooking at home is significantly more cost-effective than dining out or ordering takeout. Moreover, leftover meals can be repurposed, minimising food waste and further stretching your budget. Overall,

cooking at home is a rewarding practice that supports a healthier lifestyle and financial savings.



Best Places To Shop For Your Fruits, Vegetables & Fresh Herbs

When it comes to purchasing affordable fruits and vegetables, and often organic produce, local farmers' markets are at the top of the list. These markets not only offer fresh, seasonal produce but also allow you to buy directly from the growers, often resulting in lower prices compared to supermarkets. Shopping at farmers' markets also supports local agriculture and fosters a sense of community. Your local fruit shop is often much cheaper than the supermarket too!

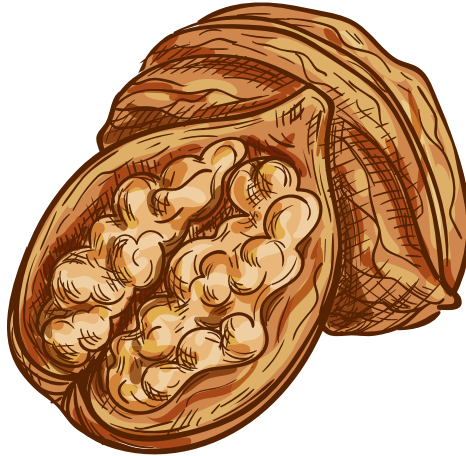
For those who prefer the convenience of grocery stores, discount supermarkets and wholesale clubs can be excellent options for finding cheaper produce. Stores like Aldi typically offer lower prices on fresh fruits and vegetables. Additionally, wholesale clubs such as Costco allow you to purchase in bulk, which can be particularly economical for larger families or those who consume large quantities. Don't forget to check out the frozen food section, as frozen fruits and vegetables can be just as nutritious as fresh ones, often at a fraction of the cost.

Lastly, growing your own herbs, fruit and veggies, whenever possible is the best way to save big bucks!

Best Places To Shop For Nuts, Seeds, Grains & Legumes

When it comes to sourcing affordable nuts, seeds, and grains, buying in bulk is often the most cost-effective strategy. Bulk food stores or sections in larger supermarkets allow you to purchase just the amount you need, which can save money and reduce waste. These stores often offer a wide variety of options, including almonds, chia seeds, quinoa, and more, at competitive prices.

In addition to bulk food stores, exploring Indian, Asian or Middle Eastern supermarkets can be an excellent way to find affordable and diverse options for grains and legumes. These supermarkets often carry a wide range of pulses, rice varieties, and spices at lower prices compared to mainstream grocery stores. Here, you can find staples like lentils, chickpeas, and basmati rice, which are essential for both vegan and vegetarian diets.



Incorporating Herbal Teas & Supplements

Incorporating organic herbal teas and powdered supplements into a vegan diet can enhance both health and wellness. These natural products offer a range of benefits that complement a plant-based lifestyle, providing nutrients and medicinal properties that support overall well-being, such as Hibiscus, Ashwagandha and Reishi Mushroom

By incorporating organic herbal teas and powdered supplements into your vegan diet, you can enjoy a variety of health benefits while enhancing the flavours and wellness aspects of your meals. These additions not only complement the nutritional profile of a plant-based diet but also promote a holistic approach to health and well-being.

Check out our great range on the website below-

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