# **Budget-Friendly Healthy Eating**

This playbook provides guidelines on how to maintain a healthy diet while managing expenses. It offers strategies for shopping smart and preparing meals economically.

#### Step 1: Budget Planning

Before any shopping, plan your budget. Determine how much you can afford to spend on food each week or month without compromising your financial stability.

#### Step 2: **Meal Planning**

Plan your meals for the week ahead. This includes breakfast, lunch, dinner, and any snacks. Make sure to include a variety of nutrients in your meal plan.

### Step 3: Create Shopping List

Based on your meal plan, create a shopping list. Organize it by food categories such as fruits, vegetables, proteins, grains, and dairy.

#### Step 4: Prioritize Whole Foods

Focus your shopping on whole foods such as fruits, vegetables, lean meats, and whole grains, which offer more nutrition for their cost compared to processed foods.

#### Step 5: Seasonal Purchases

Buy fruits and vegetables that are in season. They are often cheaper and fresher, providing better taste and nutrition.

#### **Step 6: Store Comparisons**

Compare prices at different stores. Take advantage of sales and discounts, and consider visiting local farmers' markets for potential savings on fresh produce.

#### Step 7: Bulk Buying

Purchase non-perishable items and common staples in bulk, but only if you have the storage space and you're sure that you'll use them before they expire.

#### Step 8: Cook at Home

Prepare meals at home instead of eating out. Cooking at home is typically cheaper and allows for better control over the nutritional content of your meals.

#### Step 9: Efficient Storage

Properly store your groceries to maximize their shelf life. Use airtight containers, refrigerate perishables promptly, and be mindful of expiration dates to reduce waste.

#### Step 10: Regular Review

Review your food expenses regularly to ensure that you're staying on budget and making adjustments to your plan as necessary.

## **General Notes**

#### **Leftovers**

Incorporate leftovers into your meal planning. It saves time, reduces waste, and is cost-effective.

#### **Generic Brands**

Consider purchasing generic or store-brand items, which are often cheaper than their name-brand counterparts while being similar in quality.

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