



7 Tips for Delicious, Healthy & Affordable Eating

1. PLAN A MONTHLY FOOD BUDGET

Don't waste your money on frivolous food and beverage purchases

Save a month's worth of grocery receipts and take a look at what you are really spending your food dollars on. Is the money you are spending adding to your health? Spend money on organic, whole food ingredients, especially those you consume regularly or in larger quantities such as dairy, animal proteins, oils, fats and vegetables. Visit company websites for ingredients you purchase frequently for money-saving offers.

2. PLAN YOUR MEALS

Don't succumb to too many nights of takeout

Take a fresh look at a nutritionally balanced meal. Reinvent family favorites with healthier ingredients. Cook a little more and plan to use some of the leftovers in future meals the same week. Cut down on waste of perishables by adding them to your meal plan, or freeze vegetable scraps for stock-making.

3. ENJOY YOUR TIME IN THE KITCHEN WITH TIME-SAVING TOOLS

Fun gizmos make the preparation process faster and more fun

A food processor with assorted blades that chops, slices and mixes quickly. Make a pizza crust in 5 minutes! Good quality knives and a sharpener to make prepping easier. Invest in basic knives: chef's, paring and serrated blade. A high-powered blender or immersion-style blender will help create creamy soups, sauces, smoothies, and more. A slow cooker allows you to plan meals ahead of time and have them ready when you get home, as well as making stocks while you're out doing other things!

4. LET THE SEASON BE YOUR GUIDE

Shop, plan and cook accordingly

Join a Community Supported Agriculture (CSA) and buy into a share of a local farm's harvest. Join a community garden, plant your own garden or even just a few pots on a sunny windowsill. Buy foods in season from your local farmer and freeze or process for later use. Pick your own produce!

5. MINIMIZE PROCESSED FOOD PURCHASES

Your wallet, body, and the environment will thank you

Reduce your toxic load and use environmental working guides to choose healthier foods. Cut way back on processed food purchases and instead make your own snacks, cookies, salad dressings, vegetable stock, bone broth, beverages, and more.

6. LEARN TO LOVE WATER

Cut-out expense- and calorie-ridden beverages

Clean, filtered water is one of the best daily things you can add to your daily diet. Make herbal iced teas and add your own better-quality sweetener, if needed. Ditch the soda/diet soda habit and try sparkling water with added flavors, such as fresh-squeezed lime, orange or lemon juice, or pure Stevia flavorings.

7. BUY IN BULK

Fill up that pantry

Stock up on spices, herbs, oils, grains, beans, legumes and other non-perishable items that you use often. Join or start a food buying club or a natural foods co-op.

WHAT I HAVE

MEAL PLANNER

DAY/DATE

BREAKFAST

LUNCH

DINNER

FAVES & FOCUS

SNACKS

A NATURAL CHEF
ANATURALCHEF.COM