

Good Food on A BUDGET

Eating more whole foods can add a few extra dollars to your food budget but there are plenty of ways to stretch your food dollars.

priority #1: protein

- **BEST CHOICE:** Look for grass-finished, grass-fed, pasture-raised, organic or wild-caught. Buy what's available and learn how to cook different cuts of meat, if necessary. If you have room in your budget, buy extra and freeze for later (especially when you find it on sale!). Even at \$5 a dozen, organic and pasture-raised eggs are still one of the cheapest sources of protein.
- **GOOD CHOICE:** If you can't afford grass-fed or pasture-raised meat, get ruminant animals (beef, lamb, goat, bison, venison), fish and eggs first; chicken and pork second. Buy the leanest cuts available and trim away excess fat or skin before eating.
- **AVOID:** Bypass all processed meats like bacon, sausage and deli meat. Try making them yourself at home!

priority #2: produce

- **VEGETABLES:** Go for local and seasonal whenever possible- these will be the least expensive and most nutritious. Use the Environmental Working Group's "[Dirty Dozen](#)" and "[Clean Fifteen](#)" Lists to help you determine whether or not to buy organic. Frozen veggies can also be a budget-friendly choice.
- **FRUITS:** Buy what you can locally. If you can't get it locally then it's probably not in season which means it's not as fresh and usually more expensive. Refer to the above lists to help determine whether or not to buy organic. Frozen fruits can also be a budget-friendly choice.

priority #3: healthy fats

- **BANG FOR YOUR BUCK:** Some of the best sources of fat are also the least expensive. Canned coconut milk costs about \$2 and provides a whopping 72gm of fat per can! Avocados are also a year-round option and are generally inexpensive.
- **STOCK UP:** When you have a few spare dollars, stock up on coconut oil, olive oil and organic, grass-fed butter or ghee. These are a bit pricer but go a long way.

Source: Whole30