

How to eat healthy on a budget

With food prices on the rise, that \$11.99 Little Caesar's 3,700-Calorie meal deal is probably looking better and better.

After all, for a family of four, a large pizza with Crazy Bread and 2-liter cola costs just \$3 per person.

While there's nothing wrong with enjoying pizza in moderation, there is something wrong with the "healthy foods cost too much" logic.

Because it's not entirely true. There are more options than many people realize.

If you're trying to eat nutritious foods while on a tight budget, consider some of these strategies.

Choose affordable whole foods.

Despite what some clients might think, many minimally-processed whole foods cost less than their more processed cousins.

Take the potato. A medium one costs about a dollar less than small fries.

That potato also has a fraction of the calories (161 vs. 220)—as well as more of a wide variety of nutrients.

The humble potato is just one example of many minimally-processed whole foods that are STILL quite affordable.

Other nutrient-rich, relatively low-cost all stars include...

Proteins: eggs, whole chicken, tofu, canned fish, flank/tri-tip steak

Smart carbs: bulk brown rice, bulk lentils and beans, potatoes, oats

Veggies: cabbage, carrots, beets, Romaine lettuce, frozen spinach

Fruit: bananas, whole watermelon, season apples, oranges, frozen berries

Healthy fats: sunflower seeds, peanuts, extra-virgin olive oil

Aim for progress, not perfection.

So-called "superfoods" like quinoa can be super pricey.

Brown rice, on the other hand, is about as affordable as it's ever been, especially if you buy it in bulk. It's the same with most varieties of beans and lentils.

You don't have to pick the 'best' in each category to improve your nutrition—even a small improvement in food quality can go a long way.

Choose what proteins, smart carbs, healthy fats, fruits, and veggies work for your budget, aiming for just a little better than where you're at right now.

Make the most of your freezer.

Save 1 to 2 servings of whatever you cook and place it in the freezer, a.k.a. the “treasure chest.” Think of this as a gift that your current self is giving to your future self.

Then, on those busy days when cooking feels impossible, you always have something you can pull from your frozen chest of edible treasures.

GET EVEN HEALTHIER!

Want to learn how to make positive choices in your own life? Want support in creating your healthiest, happiest life ever? Let’s talk! Schedule a complimentary health coaching consultation with me today—or pass this offer on to someone you care about!

ABOUT ME

I received my training from the Institute for Integrative Nutrition and Precision Nutrition where I learned about more than one hundred dietary theories and studied a variety of practical lifestyle coaching methods. Drawing on this knowledge, I will help you create a completely personalized “roadmap to health” that suits your unique body, lifestyle, preferences, and goals.

Learn more about Compass Health and Wellness and my unique approach to health coaching by reaching out to me at:

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