



DITCHTHECARBS.COM



How To Save Money, and Eat Healthy

What is your budget already?
Add it all up, including snacks,
eating out, treats, drinks, takeaways
= \$\$\$



And remember: In the long run,
it is cheaper to stay healthy



Buying



- ⊗ Soda, Fruit Juice, Energy Drinks
- ⊗ Cakes, Biscuits, Donuts
- ⊗ Junk Food, Snacks, Crisps, Chips
- ⊗ Convenience Foods, Microwave Meals
- ⊗ Cereals
- ⊗ Processed Food
- ⊗ Bread, Rolls, Bagels,
- ⊗ Fast Food, Take Aways
- ⊗ Snack Bars, Muesli Bars
- ⊗ Sweets, Confectionery



Start Eating Healthy Food

- ✓ STOP FOOD WASTAGE
- ✓ Plan Ahead
- ✓ Buy Cheaper Cuts Of Meat
- ✓ Use Your Slow Cooker
- ✓ Use Food You Have Already First
- ✓ Try To Shop Less Often
- ✓ Compare Fresh, Frozen, Tin Prices
- ✓ Buy Vegetables At The Greengrocer
- ✓ Organ Meat Is Cheap And Incredibly Nutritious
- ✓ Simplicity Is The Key
- ✓ Leftovers are KING
- ✓ Buy In Season
- ✓ Buy Eggs In Bulk
- ✓ Buy Only What You Need
- ✓ Buy Whole Chickens Then Portion
- ✓ Use Leftovers For Lunch
- ✓ Buy Meat At The Butcher In Bulk
- ✓ In the long run, you will end up eating less



Cook More Often
Make It Simple
Make Nutrition Important



For the full article visit:
www.ditchthecarbs.com

