

# Eating on a Budget



When money is tight, it may seem to make sense to buy food that stretches your dollar, instead of food that fuels you. However, believing that healthy food has to cost a lot is a myth! You can still eat well on a budget, and give your body the nutrients it needs to keep you going in your busy life.

To help you get started, Shanah Bell, a Holistic Health Advisor, has provided a list of healthy, low-cost pantry staples to keep on hand, as well as some tasty, budget-friendly recipes to help you fuel up in a good way. And of course, tips to help you make the most of your leftovers and your trip to the store!

## Tips for Maximizing Your Shopping and Eating Habits

- Make enough food to have plenty of leftovers
- Use those leftovers to make different types of meals each night, to avoid food boredom
- Limit going grocery shopping to once a week, at the most
- Make a thorough grocery list before you go to the store(s) and stick to it!
- Download the grocery store app (if available)
- Scour the weekly deals and coupons to see if they have anything that is on your list

## Cost-Effective Staple Food Items to Keep on Hand

Applesauce	Olive Oil
Avocado	Pasta
Bread	Pasta Sauce
Cereal	Peanut Butter
Cheese	Protein Powder
Chips (Black Bean Quinoa, Sweet Potato, Veggie Flaxseed, etc.)	Quinoa
Eggs	Raisins
Fresh fruit, when in season	Salsa
Frozen fruits and vegetables	Seasonings
Ground Flaxseed	Sour Cream
Hummus	Tortillas
Jelly/Jam	Uncooked beans
Lettuces	Whole grain rice (black, brown, pink, purple, wild)
Milk (Almond, Soy, Rice, Coconut)	Yogurt
Nuts	
Oatmeal	

## Your “Go-To Recipes”

Use your Staple Foods to make these quick, easy, delicious & nutritious meals.

### Super Nachos

- Layer a variety of chips on a pizza pan/baking sheet
- Top with black beans, pinto beans, hummus and cheese
- Bake at 350° for 5 minutes or until cheese is melted
- Take out of oven and top with shredded lettuce, salsa, sour cream and avocado

*You can spoil yourself with guacamole if it fits in your budget that week!*



### Smoothies

- Start with 1-2 cups Frozen Fruits in a blender
- Add 1 scoop of Protein Powder
- Add 1 tbsp. Ground Flaxseed
- Add 1 scoop of Super Green Food Powder
- Add 2 cups Almond Milk
- Add turmeric and/or cinnamon for extra added health benefits, if desired
- Blend until smooth and serve immediately

*Save any extras in the freezer for another day!*



### Overnight Oats

- Put 2 cups Oats (I use Gluten Free) into a large bowl with a lid
- Add 2 scoops Protein Powder
- Add 1-2 tbsp Ground Flaxseed
- Add 2-3 heaping tbsp Peanut Butter
- Add 3 cups Almond Milk (or any other variety)
- Stir, place lid on bowl and refrigerate for at least 4 hours
- Heat and serve
- You can also add other toppings after heating, such as: bananas, chocolate chips, walnuts, raisins, etc.

*Enjoy!*



## Vegetarian Chili

- Put 3 cans of No Salt Added Beans into a pot with the lid on the stove (Or, use 4 ½ cups of cooked Dried Beans)
- Add 2 scoops Super Green Food Powder
- Add 1 can Fire Roasted Tomatoes
- Add 1 bag Vegetarian Beef Crumbles  
*(If desired and budget allows that week!)*
- Add spices to taste
- Stir and simmer for 30-45 minutes
- Serve with shredded cheese and sour cream on top



To learn more about **Shanah Bell**,  
or for more information on eating  
well on a budget, visit her site:

[www.adaptivenourishment.com](http://www.adaptivenourishment.com)

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