Nutritious food doesn't have to drain your wallet. Here are 5 real-world strategies to help you eat healthy on a budget:

1. **Prep Your Ingredients**
   - **Ingredients**: Choose ingredients that are versatile and can be used in multiple meals. This reduces waste and saves money.
   - **Prep Time**: 15 minutes.
   - **Savings**: $1 per serving!

2. **Make Most of Your Meats**
   - **Meats**: Look for less popular cuts of meat, like organ meats or bone-in cuts, to save money.
   - **Pricing**: $4.19 for 222g.
   - **COVID-19 Impact**: Even if you're stuck at home, you can still make the most of your meats and enjoy delicious meals at home.

3. **Preserve Your Produce**
   - **Fruits and Vegetables**: Use techniques like freezing, dehydrating, or canning to extend the life of your produce.
   - **Benefits**: You can save money and enjoy fresh produce all year round.

4. **Plan Your Meals**
   - **Weekly Planning**: Spend a little time planning your meals for the week to avoid impulse buying and reduce waste.
   - **Savings**: Up to $8.99 per week.

5. **Avoid Food Waste**
   - **Tips**: Use food as soon as you buy it and consider using food in a way that maximizes its nutritional value.
   - **Savings**: $4.19 per portion.

6. **Budget-Friendly Recipes**
   - **Recipes**: Try recipes that use low-cost, nutrient-rich ingredients.
   - **Examples**: Slaw & Caramelized Onion Vinaigrette, Tuna & Rice Salad Bowl with Apple, Roast Chicken with Root Vegetables, Booster Juice 16oz Smoothie Bolt House Farms, Canned FISH ($1.00 / portion), ($1.90 / portion), ($0.35 / portion), ($0.15 / portion), ($0.20 / portion).

*Scale portions up or down according to activity levels and body composition goals.*

For more information on nutrient-dense fruits and vegetables:

For how to build balanced, appropriately-portioned meals:
[https://www.precisionnutrition.com/eat-healthy-on-a-budget-infographic](https://www.precisionnutrition.com/eat-healthy-on-a-budget-infographic)

**Macronutrients**
- **Proteins**: 10g
- **Carbs**: 15g
- **Fats**: 15g

**Vitamins**
- **Ca**: 375mg
- **Vit.D**: 10mcg
- **Vit.A**: 3500IU

**Foods**
- **Green leafy vegetables**: Leafy greens
- **Beets**: Root vegetables
- **Tuna**: Canned fish
- **Eggs**: Protein
- **Tofu**: Plant-based protein

**Flavor**
- **Dill**: Fresh dill
- **Garlic**: Whole garlic
- **Coriander**: Fresh coriander
- **Tomato paste**: Canned tomatoes

**METHODS TO CONSIDER**
- **Freeze**: Vegetables, meats, and fruits
- **Dehydrate**: Fruits, vegetables, and herbs
- **Can**: Vegetables, soups, and stews

**NUTRIENT-POOR NUTRIENT-RICH**

**MOST COST-EFFECTIVE FOODS**
- **Vegetables**: Spinach, cabbage
- **Protein**: Tuna, eggs
- **Grains**: Oats, quinoa

**INSTALLMENT PRICING**
- **Monthly Payments**: Break the cost into smaller, more manageable payments.

**PORTION-SIZE ADJUSTMENTS**
- **Scale**: Adjust portions up or down according to activity levels and body composition goals.

**THINGS TO CONSIDER**
- **Cost**: Consider the unit cost before buying.
- **Quality**: Choose high-quality ingredients that are worth the investment.

**FOOD LASTS LONGER WITH THE RIGHT STORAGE METHODS**
- **Refrigeration**: Store food at the correct temperature to prolong its freshness.

**PROTECT YOUR FOOD FROM POWDERED MILK**
- **Granola**: Granola bars
- **Grains**: Whole grains
- **Fruits**: Fresh fruit

**BOOSTER JUICE 16OZ SMOOTHIE BOLT HOUSE FARMS**

**CANNED FISH**
- **Tuna**: Canned tuna
- **Cod**: Canned cod

**CHEAP MEALS WITH HOMEMADE VERSIONS**
- **Pizza**: Make your own pizza
- **Soup**: Make your own soup
- **Salads**: Make your own salad

**LOW-COST, NUTRIENT-RICH ALL STAR CAST**
- **Spinach**: Spinach
- **Cabbage**: Cabbage
- **Tuna**: Tuna
- **Eggs**: Eggs
- **Tofu**: Tofu

**UNTRAPPED IN YOUR TAKE-OUT APP OR THE DRIVE-THRU LANE**
- **Homemade meals**: Make your own meals at home to save money and enjoy healthy, delicious food.

**CONSIDER THE UNIT COST**
- **Cost per Serving**: Calculate the cost per serving to make informed decisions.

**THE LOW-COST, NUTRIENT-RICH ALL STAR CAST**
- **Spinach**: Nutrient-rich
- **Cabbage**: Nutrient-rich
- **Tuna**: Nutrient-rich
- **Eggs**: Nutrient-rich
- **Tofu**: Nutrient-rich

**PROTEINS CARBS VEGETABLES FATS FRUITS FLAVOR**
- **Proteins**: Tuna, eggs
- **Carbs**: Spinach, cabbage
- **Vegetables**: Canned tomatoes, carrots
- **Fats**: Tuna
- **Fruits**: Fresh fruit

**CONSIDER THE UNIT COST**
- **Cost per Serving**: Calculate the cost per serving to make informed decisions.

**PREP TOTAL**
- **Preparation Time**: 45 minutes.

**PER SERVING**
- **Calories**: 375
- **Proteins**: 10g
- **Carbs**: 15g
- **Fats**: 15g

**PER PORTION**
- **Calories**: 150
- **Proteins**: 5g
- **Carbs**: 5g
- **Fats**: 5g

**PER MINUTE**
- **Time to Prepare**: 2 minutes.

**PER HOURS**
- **Cooking Time**: 40 minutes.

**PER WEEK**
- **Prep Time**: 1 hour.

**PER MONTH**
- **Prep Time**: 2 hours.

**PER YEAR**
- **Prep Time**: 1 day.