



# 15 WAYS TO SAVE MONEY & EAT HEALTHY

CHEAPSKATECOOK.COM

## 1. PLAN YOUR MENU

## 2. MAKE MOSTLY BUDGET-FRIENDLY MEALS

- Spaghetti and salad
- Burrito bowls
- Hamburger soup
- White bean chili
- Broccoli and parmesan pasta
- Cheesy lentil pie
- Cajun sausage, beans and rice
- In a pinch? Just try bread, cheese, and sliced fruit. It might be your kids' favorite meal.

• *(Recipes on CheapskateCook.com)*

## 3. EAT LESS MEAT

- Make a meatless meal one night a week
- Don't eat meat until dinner time 5-6 days a week
- Go plant-based one week out of every month

## 4. DRINK WATER

## 5. DO A PANTRY CHALLENGE WITH HEALTHY FOODS

- 1 month pantry challenge
- 10-day pantry challenge

## 6. DON'T BE A FOOD SNOB

## 7. CHANGE YOUR SNACKS

Fruit, veggies, nuts, raisins

## 8. USE CASH

## 9. SHOP CLEARANCE & SALES FOR HEALTHY FOODS

## 10. BUY GENERIC BRANDS

## 11. EMPOWER YOUR PICKY EATERS

## 12. MEAL PREP HEALTHY FOODS

## 13. PRICE SHOP YOUR LOCAL FARMERS

## 14. REMAKE YOUR LEFTOVERS

## 15. MAKE-IT-YOURSELF HEALTHY FOODS