



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