

HOW TO EAT HEALTHY ON A BUDGET CHEAT SHEET

Thank you for listening to our podcast episode about nutritious, budget-friendly eating. This cheat sheet offers some handy reminders for the best budget-friendly foods and lifestyle tips, along with delicious recipes!

HEALTHIEST BUDGET-FRIENDLY FOODS:

- Onions
- Garlic
- Chickpeas
- Black beans
- Lentils (red, green, black)
- Split peas
- Kidney beans
- Pinto beans
- Navy beans
- Lima beans
- Millet
- Sprouts
- Rice
- Sunflower seeds
- Sesame seeds
- Pumpkin seeds
- Flaxseeds
- Carrots
- Cabbage
- Apples
- Dark leafy greens (preferably not packaged/bagged)
- Eggs
- Oats

OTHER MONEY-SAVING TIPS:

- Plant a garden or grow your own food indoors
- Purchase a meat share
- Buy foods in bulk
- Batch cook and meal prep
- Reduce food waste
- Store food properly
- Shop in season

For more inspiration visit [CulinaryNutrition.com](https://www.culinarynutrition.com) / [@CulinaryNutrition](https://www.instagram.com/CulinaryNutrition) / [#TodayIsTheDayPodcast](https://www.facebook.com/TodayIsTheDayPodcast)

BUDGET FRIENDLY RECIPES

Cranberry Apple Baked Oatmeal

Prep Time: 10 minutes

Cook Time: 50 minutes

Serves: 8

Ingredients:

- 3 cups gluten-free oats
- ½ cup coconut sugar, honey or natural sweetener of choice
- 2 tsp baking powder
- 2 tsp cinnamon
- 1 tsp salt
- 1 ¾ cups almond milk
- 3 eggs
- ½ cup coconut oil, melted
- ½ cup fresh or frozen cranberries, plus an extra handful for the top
- 1 apple, chopped
- ¼ cup sunflower seeds, optional

Instructions:

1. Preheat oven to 350F. In a large bowl, mix oats, coconut sugar, baking powder, cinnamon and salt.
2. In a separate bowl, beat eggs, then add the almond milk and coconut oil. Stir into oat mixture.
3. Fold in apples and cranberries, reserving the extra handful of cranberries for the top. Sprinkle with sunflower seeds, if using. Pour into an ungreased baking dish (either 11 x 7 or 8 x 10, about 2L) and cook for 50 minutes.

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Veggie Burrito Bowls

Prep Time: 15 minutes

Cook Time: 25 minutes

Serves: 4-6

Ingredients:

- 2 Tbsp. coconut oil or olive oil
- 2 onions, chopped
- 2 bell peppers, diced
- 1 jalapeño, seeded and minced
- 3 cloves of garlic, minced
- 1 ½ Tbsp. chili powder
- 1 Tbsp. cumin
- ½ tsp sea salt + more to taste
- 1 14 oz. can diced tomatoes
- 2 cups cooked beans
- 1 ½ cups cooked rice (about ½ cup dried)
- To serve: romaine lettuce leaves, chopped

Optional toppings: Salsa, avocado, cilantro, fresh tomatoes, or red onion

Instructions:

1. Melt the oil over medium heat. Add the onions and peppers and sauté until the onions are translucent and the peppers have softened slightly, about 15 minutes.
2. Add the minced jalapeño, garlic and spices and stir until fragrant, about 30 seconds.
3. Add the canned tomatoes and stir to incorporate. Reduce the heat and simmer, covered, for another 5-7 minutes.
4. Stir in the beans and rice and cook until just heated through. Taste and add more salt if desired.
5. Serve over a bed of lettuce garnished with toppings if desired.

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Grounding Onion Soup

Prep Time: 10 minutes

Cook Time: 1 hour, 20 minutes

Serves: 6

Ingredients:

- 4-5 medium sized onions of any kind (can use red, yellow, white or leeks, or a combination)
- 3 Tbsp. ghee or olive oil
- 3 sprigs of thyme or ½ tsp dried thyme
- 1 tsp sea salt + more to taste
- 5 cups water or homemade stock

Instructions:

1. Peel and slice onions into thin half-moons.
2. In your Dutch oven or stainless steel pot, warm your ghee or oil.
3. Add onions and thyme, and salt and let cook down and caramelize, uncovered. This can take anywhere from 45-60 minutes on medium/low heat. Keep your eye on it as different stovetops will require different settings. Stir occasionally to keep from burning.
4. Once cooked down (and they reduce substantially), add your water/stock, then cover and simmer for 30 minutes.
5. Add more salt if needed to taste and serve hot.

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Yellow Split Pea Dahl

Prep Time: 15 minutes

Cook Time: 45 minutes

Serves: 4-6

Ingredients:

- 2 Tbsp. coconut oil or olive oil
- 1 onion, chopped
- 1 Tbsp. curry powder
- Pinch or two of chili flakes or cayenne
- 2 Tbsp. fresh ginger, grated
- 2 cups yellow split peas, soaked for 6-8 hours and rinsed thoroughly
- 6 cups of water
- Sea salt to taste

Instructions:

1. Heat large pot over medium heat. Add in oil and onions and sauté until they become soft and translucent, about 8 minutes.
2. Add in curry powder, chili/cayenne, and fresh ginger. Sauté for another minute or two.
3. Add in the split peas and water. Cover and bring to a boil, then reduce heat and simmer for about 45 minutes, until peas are soft and creamy.
4. Add salt and season to taste.
5. Remove from heat and serve over greens or your favourite grain.

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TODAY IS THE DAY Podcast

WEEKLY MEAL PLAN

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast					
Snack					
Lunch					
Snack					
Dinner					

DAY#

RECIPE NAME

Location (web, book +page#, etc.)

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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INGREDIENT PREP PLAN OF ATTACK

DATE:

MEAL PLAN#:

Ingredient	For Recipe/Meal/Day	Amount	To do

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