

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



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 11×7 or 8×10 , about 2L) and cook for 50 minutes.



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.



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.



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.

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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MEAL PREP SCHEDULE

DATE:

MEAL PLAN#:

Day	Task	Estimated Time	Who is Doing the Prepping?	Notes



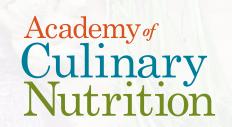
INGREDIENT PREP PLAN OF ATTACK

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MEAL PLAN#:

Ingredient	For Recipe/Meal/Day	Amount	To do







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This program was beyond anything I could have ever expected. The quality of everything (support, information, program, portal) was amazing! This program is hands-down one of the BEST investments I've ever made in myself and my family.

Marissa Rodriguez,

This course gave me all the tools I needed to change my habits... I feel very proud of being a graduate. The good vibes are contagious. I love being a part of this!

Claudia Ortega,

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