

"Working together for a HEALTHIER community."

## Eating Healthy on a Budget

The Dalai Lama, when asked what surprised him most about humanity, answered:

"Man, because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health."

Proper nutrition and exercise are the staples of a healthy lifestyle. And while most people understand the need to be healthy, we all encounter barriers to achieving our health and wellness goals. One of the major barriers we find people express is the notion that eating healthy is just "too expensive." Unhealthy foods are indeed more abundant and cheaper than healthy alternatives. However, while you may save money in the short term, the costs of losing one's health escalate exponentially by way of medications, visits to the doctor, or even time lost at work. But there is HOPE! We have compiled the Top 10 ways you can eat healthy on a budget!

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|--|---|
| #1. Plan your meals for the week.                                  | #6. Buy frozen fruits and veggies.                    |
| #2. Stick to your grocery list that was made while planning meals. | #7. Buy generic food.                                 |
| #3. Stop buying junk food.   | #8. Buy in bulk.                                      |
| #4. Cook at home.  | #9 Buy whole foods, (avoid processed or boxed foods). |
| #5. Cook large portions and use your leftovers.                    | #10 Buy cheaper cuts of meat.                         |

Hopefully you find these tips and tricks helpful in your quest to becoming a healthier and happier individual. Remember, when you purchase the cheaper alternative foods you will eventually be paying for that choice a second time with medical costs, medications, or even pay. You can do this! You can eat healthy AND save money while doing it. Besides, you really can't put a price on good health.



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### Crockpot: KICKIN' WHOLE CHICKEN

- 1 Whole Chicken {Meat Cooler}
- 1 Med Yellow Onion Sliced {Produce}
- 2 cloves garlic minced {Produce}
- 1/2 tsp cumin {aisle #8}
- 1/2 tsp red pepper flakes (optional) {aisle #8}
- 1 tsp cayenne pepper {aisle #8}
- 1 tsp olive oil {aisle #8}

- Place sliced onions and minced garlic at the bottom of crockpot and place the whole chicken on top
- Mix seasonings and olive oil together and brush the paste on the whole chicken
- Cook on high 6 hours until ready to serve.

#### SERVING IDEAS:

- #1 Serve as plain meat with a sweet potato and steamed green beans
- # Shred chicken and place on whole wheat tortilla with shredded cheese, salsa, greek yogurt and avocado.

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## What is REVIVE RECOMMENDS?

A list of foods recommended by Revive trainers and dietitians. The list will consist of foods that will help you on your health and wellness journey.



Fresh Bagged Spinach



Whole-Wheat / Multigrain Pasta



Canned Tuna



Brown Rice



Whole Wheat Pita Bread



Frozen Vegetables / Fruit



Skinny Pop Popcorn



Eggs - Dairy



Apples - Produce



5 for \$25 meat cooler - Meat Cooler

\*\*\*See individual item for serving size suggestion.