

LIVELEAN20
DIET



20 MONEY SAVING TIPS



TIP #1

Stick to simple and common ingredients.

Occasionally it's nice to have mangoes or starfruit, but you'll save money if you stick to apples and bananas.

TIP #2

Buy frozen whenever possible.

Frozen food is often cheaper than fresh and if it's something you're going to cook anyways it doesn't make a difference in the final turn out.

TIP #3

Buy in bulk.

You can store some of it in the freezer if needed. Buying in bulk helps you save money on packaging and creates less waste. Use your own bags and buy from the bulk bins or from stores like Costco.

TIP #4

Buy in season.

Foods are cheaper when bought in season when there's an abundance of them.

TIP #5

Buy when foods are on sale.

If your store has a particular day of the week when foods go on sale, then make it a point to shop on that day.

**TIP #6**

Use coupons. Grocery stores often have sales on meat and produce, check the store coupons before going shopping and stock up on the particular foods that you can buy with coupons.

TIP #7

Eat home cooked meals. Home cooked meals always turn out to be cheaper than restaurant meals. You'll also save money on tax and tipping the waiter.

TIP #8

Pack your lunch. Again, home cooked meals are more affordable, so even if you are at work or school all day and can't make it home for lunch you can save money by brown-bagging it and bringing a homemade meal with you.

TIP #9

Measure your portions. Most people eat more than they need. You'll save money (and lose weight) if you actually eat the portion you need instead of the portion you think you need. Use a food scale until you get accustomed to the accurate portion sizes.

TIP #10

Learn to love eggs. Eggs are cheap, versatile, and last a long time in your fridge. Whenever you're feeling lazy and you don't want to cook whip up a simple omelette and problem is solved.



TIP #11

Cook less meat. If you are on a tight budget substitute beans or eggs instead of meat.

TIP #12

Don't buy all organic. Certain foods should definitely be bought organic, but some don't need to be. Check out [this article to find out which foods should always be bought organic and which you can get away with the conventional.](#)

TIP #13

Freeze food that you would otherwise throw away. If a fruit or vegetable gets a brown spot but you're not ready to eat it yet, cut off the brown spot and chop and freeze the rest.

TIP #14

Shop at discount grocery stores. Certain stores have better prices on healthy foods. Check around your neighborhood to find the cheapest stores.

TIP #15

Be prepared and plan your week. If you have all your meals prepped at the start of each week you're less likely to go out to eat which can save you lots of money.

**TIP #16**

Shop around. Buy different items at different stores. If you compare the same items at different stores you may find that some are cheaper at one store and others are at another. You don't have to buy every grocery from the same market. Divide and conquer.

TIP #17

Shop at ethnic or specialty stores. You may find cheaper meats or fish at an asian market and great spices at an indian market. Be open minded to getting your food from many sources.

TIP #18

Don't let yourself impulse buy! If it's not on the list, you don't need it. Grocery stores will tempt you with all kinds of goodies that look appealing but you don't actually need. When you're shopping, think to yourself "do I need this or just want it". If you stick to foods that are on your shopping list you won't overspend on a bunch of stuff you don't need.

**TIP #19**

Make your own sauces, dressing and seasonings. You'll save a ton in the long run by avoiding store bought dressings & sauces. You can easily make your own and it's better to know what's in it anyway. Definitely avoid dressings and sauces with the wrong type of oils. We especially avoid soybean and canola oil, and many dressings contain High Fructose Corn Syrup or sugar which are definitely no-go ingredients.

TIP #20

Don't pay extra for fancy labels. Buy store brand items when possible. If you can buy from a bulk bin or a farmers market do so. Don't believe the fancy marketing and labeling. Stick to the basics. When you're buying live lean food items many of the things you'll buy don't come with a label anyway. Stick to mostly whole foods like produce and meat and use your own bags.