

# CLEAN IT UP

## HEALTHY EATING ON A BUDGET

Healthy eating is expensive! You hear people say that a lot, but is it really true? When planning your meals, be mindful of buying local and seasonal foods and cook most of your meals at home. You'll be keeping a few more dollars in your pocket and be healthier for it! Follow the 3 P's to eat healthy while also minding your wallet.

### The 3 P's



**PLAN.** Check your local grocery store flyers to see what is on sale each week. Go through your fridge and pantry to see what you already have. Make a plan for meals and snacks to get you through the week, staying focused on what you already have and what is on sale at the grocery store. Good meal options that will stretch your budget include stir-frys, casseroles, and stews. Prepare your grocery list according to a pre-determined budget that is manageable for your household and fill in missing ingredients according to your weekly meal plan.



**PURCHASE.** Buy groceries after you've eaten and when you're not in a rush. Stick to the list. Stay out of the aisles that don't contain items on your list. Buy store brands, if cheaper. Choose in-season fresh fruits and vegetables and buy only what you can consume before it spoils. Frozen and low-sodium canned vegetables are good options as well. Avoid single-serving items as the cost tends to be higher than buying the item in bulk and portioning it out yourself.



**PREPARE.** Do most of your eating at home so that you know exactly how it's prepared and what's in it. It will also help keep your food costs down. Double or triple up on recipes and freeze meal-sized portions (or individual-sized portions) for later. Try a few meatless meals by substituting beans in place of meat or try a "no-cook" meal like a hearty salad. Incorporate leftovers into subsequent meals. Use the internet to your advantage. There are many great websites with recipes devoted to healthy eating on a budget.

### Great Websites for Eating Healthy on a Budget!

[www.poorgirlleatswell.com](http://www.poorgirlleatswell.com)

[www.eatingrichly.com](http://www.eatingrichly.com)

[www.unlockfood.ca/en/Budget.aspx](http://www.unlockfood.ca/en/Budget.aspx)

[www.budgetbytes.com](http://www.budgetbytes.com)

[www.hungryhealthyhappy.com](http://www.hungryhealthyhappy.com)

[www.greenlitebites.com](http://www.greenlitebites.com)



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Generally, the most expensive part of your grocery bill is the portion spent on meat. Protein is an extremely important part of eating healthy but there are other great ways to add protein to your diet without blowing your budget on steak and salmon! Here are some great, cost-effective protein options:

- Eggs
- Low-fat cottage cheese
- Beans and lentils
- Nuts and seeds
- Whole chicken or chicken thighs and legs
- Plain frozen fish fillets (haddock, sole)
- Canned fish (salmon, tuna, sardines)
- Stewing meat
- Outside, inside or eye of round steak



### Helpful Hint

Lower priced meats can be less tender because they are lower in fat. Try these tips to make them more tender:

- Marinate overnight in the fridge
- Pound with a mallet before cooking
- Cook slowly for a few hours in water, broth or tomato juice

## CUTTING BACK ON SPENDING DOESN'T MEAN SKIMPING ON TASTE

### Buffalo Chicken Thighs

Serves 4 (2 thighs per serving)

This is a great recipe using budget-friendly, bone-in chicken thighs. Get the great taste of buffalo wings at well under 500 calories per serving and a much lower fat content than your favourite take-out. Serve with cut-up celery and carrots on the side with light ranch dressing!



### Ingredients

- 6 tbsp all-purpose flour
- ½ tsp salt
- ¼ tsp garlic powder
- ¼ tsp ground red pepper
- 8 bone-in chicken thighs, skin removed
- 1 tbsp olive oil, divided
- 3 tbsp hot sauce
- 1 tbsp butter

### Directions

1. Preheat oven to 375°F. Add the first 4 ingredients into a heavy-duty Ziploc bag and seal. Shake to combine. Add half of the chicken to the bag, then seal and shake to coat. Remove chicken from bag, shaking to remove excess flour mixture.
2. Heat a large non-stick skillet over medium-high heat. Add 1 ½ tbsp oil to the pan and swirl to coat. Add flour-coated chicken to pan. Sauté for 4 minutes on each side or until browned. Transfer chicken to a large cookie sheet lined with foil. Repeat with remaining chicken pieces. Bake chicken at 375°F for 8 minutes or cooked through. Discard any remaining flour mixture.
3. Combine hot sauce and butter in a microwave-safe dish. Microwave on high for 30 seconds or until butter melts, stirring to blend. Place chicken in a shallow dish and drizzle with butter sauce. Toss to coat.

Nutrition Info Per Serving: Cal 318 | Fat 18g | Carb 9.2g | Pro 28g | Fibre 0.4g | Chol 106mg | Sod 474mg



Sources: [www.choosemyplate.gov](http://www.choosemyplate.gov)  
[www.eatrightontario.ca](http://www.eatrightontario.ca)  
[www.myrecipes.com](http://www.myrecipes.com)