EAT PLANT-BASED ON A BUDGET

Want to go plant-based but don't know how to start, or think its too expensive? Follow these 5 easy tips to go plant-based on a budget!

1 FOCUS ON WHOLE FOODS.

Whole foods can be some of the cheapest foods in the grocery store! Use inexpensive staples like rice, beans, and oats as the basis of many of your meals. Buying and using these foods rather than packaged or processed foods is not only better for your health, but can help you save money!

2 BUY FROZEN FRUITS & VEGGIES.

Fresh fruits and vegetables are great to have, but they can be a little pricey. Luckily, frozen fruits and vegetables are almost always less expensive, and they last longer than fresh produce. Keep a bag or two of frozen berries to put on top of oatmeal or to throw in a smoothie! Bags of frozen mixed vegetables are also great to have on hand to put in soups or casseroles.

3 PURCHASE STAPLES IN BULK.

Chances are that when you go plant-based, you will eat a lot of certain staple foods like beans, rice, lentils, and oats. Fortunately, these foods can be purchased in bulk for low prices, and they last a long time. For example, a bag of rice lasts 6-12 months on the shelf, and dried beans can last up to 2 years! Staples like dried beans make great soups and stews, and are good sources of protein!

4 SEARCH ADS FOR THE BEST DEALS.

Most grocery stores have a small handful of produce items on a special sale or offer each week. Take advantage of these deals to save on fresh fruits and veggies that would otherwise be much more expensive.

5 MAKE SIMPLE MEALS FROM WHAT YOU BUY.

Its easy to get stuck thinking you need to know exactly what you're going to cook when going grocery shopping. While its not a bad thing to have a general plan of the meals you are going to make, learning to put together the ingredients you have leftover or on hand can be a helpful skill! For example, simply slice up and roast any leftover vegetables you have, then serve them over steamed rice with a simple soy or peanut sauce.

SOURCE: HTTPS://BITESBYBEKAH.COM/ULTIMATE-GUIDE-TO-EATING-PLANT-BASED-ON-A-BUDGET/