

# Eating Healthy on a Budget



Afraid eating healthier will cost you an arm and a leg? Don't worry! A common misconception is that eating healthy will break the bank. But trust us – the cost of disease, discomfort, and diet-related conditions is much, much more!

First of all, when you start a new healthy eating plan like Prescribe 20, your first trip to the store is going to be the most expensive. You're stocking up on healthy pantry staples, baking supplies, fresh produce, freezer items, and other foods that'll set you on the path to success. But once you're all stocked up and ready to go, these are our best tips to save you money.

**Buy in Bulk.** Hit up the bulk aisle of your grocery store to save some serious dough. You can buy grains (rice, oats, quinoa), dry beans, nuts, seeds, and more in this aisle and it will save you tons compared to pre-packaged items. Do extra good by bringing your own bags [like these](#) to fill (say no to plastic whenever possible!).

**Shop Sales.** Check your local grocery store fliers ahead of time and plan your weekly menu and grocery list around what's on sale. Most stores have a specific day of the week with the best sales, too, so if you can shop on those days it's even better!

**Know Your "Dirty Dozen."** Although it would be nice to be able to buy all items organic, the truth is most of us can't afford to do that. So prioritize buying the foods on the [Dirty Dozen](#) list organic and rest easy buying non-organic [Clean Fifteen](#) foods.

**Plan Ahead.** We alluded to this earlier but it's so important to plan ahead. Take inventory of what you already have and see what you might be able to make the next week with the items you have on hand. Make a list of the items you'll still need and make enough for leftovers to save you both time and money.

**Eat In.** Not only does eating out cost more than eating in, it's also more likely to derail your healthy eating efforts. So plan a nice meal, light a candle, play some music, or invite friends over for a (healthy) pot-luck to stay on track with your budget and your healthy habits!