

Top Tips for a Healthy Diet & Grocery Budget

This free tip sheet was produced by the Cheapskates Club – www.cheapkates.com.au

Stick to the basics

Do a pantry, fridge and freezer stocktake and make up a shopping list of basic ingredients you buy and use regularly. Add any missing basics that are missing. This list will become your shopping list and the basis of your meal planning. Remember, this is a basics list, so don't include all the treats and luxuries you like, just the basics you need.

Use your pricebook

Update your pricebook regularly so you'll always know which store has the item you want at the best possible price. You'll be able to track the sale cycles so you will only ever pay sale prices for your shopping.

Become a MOOer

There's a lot of satisfaction in Making Our Own. Learn to cook from scratch so you don't have to waste money buying things that you can quickly, easily and economically make yourself.



Eat fresh and in season

If it's in season it's the freshest, cheapest and best quality. By eating what's in season you are getting a wide variety of fruits and vegetables in your diet so boredom doesn't become an issue.

Cut down the amount of meat in your diet

The recommended portion size for red meat is roughly 180g or a piece of steak the size of the palm of your hand. You can bulk out the rest of the meal with in-season vegetables or pulses (beans or lentils).



Throw another potato in the soup pot

Adding an extra vegetable or two to a soup, stew or casserole will give you an extra serve or two from the dish.

Buy the very best quality you can afford

It's much better to have less of something that tastes great and stretch it by adding to rice, pasta or a great sauce than suffer lots of something cheap and nasty.

Keep treats as treats

A little chocolate or a small serve of fresh berries with a really nice vanilla ice cream should be a rare treat so they you can get as much enjoyment as possible from them. Have them often and they lose their WOW factor and just add to the grocery bill.

*The Cheapskates Club
Showing you how to save money, time
and energy and still have fun!*
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