

# 8 Ways to Save Money and Eat Well

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Your Guide To



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

01



## Don't Buy Everything Organic

Prioritize produce and meat when shopping organic and avoid buying convenience foods. Healthy, organic packaged foods may be convenient, but many times, they still are not nutrient dense and they will blow your budget because they have a much higher markup than whole foods.

02



## Learn The Best Local Pricing

Get to know what stores have the best prices. If you are on a really tight budget, taking the time to map out the stores with the best prices on different items rather than getting everything at one store, might be worth the time.

03



## Maximize Online Shopping

Online shopping services are great, if both time AND money are of the essence. They also keep you focused. Tip: Some Chase credit cards offer free Instacart membership.

04



## Stock Up on Meat, Poultry & Seafood

Stock up on meat, poultry and seafood when they are on sale. Freeze if not using within 2 days. Frozen fish and chicken are usually cheaper and just as high quality. Ground beef and whole chickens are the most budget friendly meats and go on sale frequently.

05



## Avoid the Pitfalls of the Sample Lady

It's tempting to buy everything that is being sampled at warehouse stores, but stick to the your list and of course, don't go hungry. My go-tos are organic nut butters, EVOO and avocado oil, maple syrup, honey, grass-fed butter and frozen fish and chicken.

06



## Buy Produce Local and in Season

Can you get strawberries in December or asparagus in August? Yes! Should you? Well, no, if you want the most flavor, nutrients and budget-friendly prices. When produce is in season, it's plentiful, therefore prices go down. This includes organic produce.

07



## Bulk Bins for the Win

This is a BIGGIE. For the same price you would pay for a 1.25 oz bottle (or less in some cases) of spice, you can get a half pound or more in bulk. Reuse empty spice containers or small jars. Dried fruits, coffee, tea, nuts and grains are also good bulk buys.

08



## Best Ways to "Waste Not"

Don't automatically throw things out. "Sell by" = cook or freeze by that date. "Best by" = slightly less quality but safe to eat. Eggs are good up to 5 weeks after best buy date. Dairy products are generally good well past date with the exception of milk and cream. Produce will last 7-10 days if washed in vinegar bath and stored properly.

## Join Real Food Sanity and Save Even More Money!

- **Confidence** - Gluten Free Dinner plans that are easy
- **No more food waste** - Everything you buy will be used.
- **Flexibility and Time Savings** - Use components as is for picky eaters or use them in included recipes for complete meals. No more short order cooking.
- **Variety** - Say goodbye to boredom with Seasonal meal plans and endless combinations using very accessible ingredients
- **Inspiration** - Optional Wildcard meal plan and bonus recipe adds variety for date night, entertaining or simply to try something new.
- **Non-Facebook Gluten Free Community** - Get to know me and other moms (or dads) who are gluten free or cooking for gluten free family members through our monthly phone call and private online community (Facebook not needed).

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- Curated Shopping List
- Meal Prep Strategy
- Weeknight Game Plan for 20-30 minute Dinners
- Bonus Recipes
- Access to Member Exclusive Content and Monthly Q&A or Cook Along with Christi

\*with easy modifications for gluten eaters

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