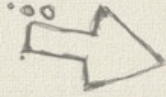


7 Budget Saving Tips For The Paleo Diet



1 Buy in Bulk ~ It is generally cheaper when you buy in bulk for fresh vegetables, meats, nuts and seeds. Freeze bulk meat purchases and freeze those vegetables which freeze and defrost well (pumpkin does not freeze well when raw).



2 Farmers Markets ~ Cut out the extra costs associated with the transportation of foods by heading to your local farmers markets. Not only will you save, but buying fresh organic produce is better for your health and will usually taste better!

4 Utilize the Freezer ~ Use your freezer to freeze bulk purchases and to freeze meals that you can quickly defrost after a long day when you don't feel like cooking.

3 Make a List ~ Plan your meals and make a shopping list of items and quantities you need for the week in advance. (use the blank shopping list within the Simple Paleo Recipes cookbook!)



5 Don't Waste Food ~ Use small leftovers to make a paleo friendly bubble & squeak or minestrone. Use meat scraps, bones and chicken carcasses to make a beef or chicken stock (see pg 185-186 of the Simple Paleo Recipes cookbook)

6 Grow Your Own Herb Garden ~ Herbs are a wonderful addition to a meal. Often they aren't the cheapest food to purchase though, so having your own herb garden which takes up little space can save you buying fresh herbs which often don't keep for long - use your herb garden when you need.

7 Cook Extra for Leftovers ~ Cook bigger batches of food so you can freeze or keep in the fridge to consume the following day for breakfast, lunch or dinner.

