

Title:

Healthy Food On A Tight Budget

Word Count:

577

Summary:

One of the easiest traps to fall into when money is tight is to eat unhealthy foods. Healthy f

What's the trick? Planning!

Whether you work at home or outside the home, your life can often be so hectic that it just se

Keywords:

rss,blogs

Article Body:

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Whether you work at home or outside the home, your life can often be so hectic that it just se

Start by picking out the recipes you would like to make. Deciding on what you are serving ahead

If time is a major issue, consider recipes where you can prepare it partially or fully in adva

Planning your meals in advance also helps with your grocery shopping. Use your plans to create

To save as much as possible, limit yourself to what is on that list. No impulse purchases! It

They may seem expensive, but fruits and vegetables that are in season are actually quite affor

If you have space in the freezer, buy meats when they are at their best discount. You will wan

Make the most of your leftovers. It's all too easy to forget them and have to clean out the fri

Finally, pay attention to how you're cooking your food. You may not need as much oil as you've

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