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Your Free Guide to Cheap and Easy Healthy Eating  
Shopping List, Savings Tips, and Proper Nutrition

Instructions: Print this guide and take it to the store, or click on a food to check out an online option. Happy shopping!

**SHOPPING LIST**

Fruit	Vegetables	Protein	Fat	Carbs	Spices, Condiments, Treats
Berries	Spinach	Chunk light tuna	Almond oil	Beans/legumes	Cinnamon
Cherries	Broccoli	Salmon	Avocado	Oatmeal	Honey
Apples	Green beans	Grilled fish	Butter	Popcorn	Vanilla
Bananas	Carrots	Beef(preferably grass-fed)	Cheese	Potatoes	Hot sauce
Tomatoes	Corn	Eggs (preferably free range)	Coconut oil	Rice	Mozzarella cheese (for omelets)
Oranges	Onion	Chicken	Nuts	Hummus	Lemon/ Lime juice
Pineapple	Peas	Whey protein	Olive oil	Quinoa	Dark chocolate
Pear	Pepper	Cottage cheese		Whole-grain pancakes	Yogurt

**SAVINGS TIPS**

1. Buy generic label groceries to shave about 25% off your grocery bill
2. Frozen and canned fruit and veggies are a good option if you'd like to save cash.
3. The price of fresh produce depends on the season, so try new fruits and veggies [from this list](#) while they're cheap.
4. Find a [local farmer's market](#) and go bargain hunting.

**PROPER NUTRITION: BEST PRACTICES**

1. Have [at least one fruit and veggie per meal](#) (for a total of three per day).
2. Eat [as many different colors of fruits and veggies as possible](#), because different colors contain different nutrients.
3. Have [one fistful of protein per meal](#). That could be 2 eggs, 6-8 oz. of meat, a handful of nuts, a can of tuna, etc.
4. Start your day with a [high fat/high protein breakfast](#).
5. Carbs are fine in moderation, but consume most of them on days you exercise vigorously (long runs, lifting weights).
6. If it's hard to find the time to prepare meals, [cook in bulk](#) or [use a meal-planning service](#) to make your life easy.

If this guide is helpful, please pass it along to your friends. :)

You might also enjoy my book, "The Busy Woman's Guide to Getting Fit, Fierce, and Fabulous" ----> <http://amzn.to/1e2Dpa4>