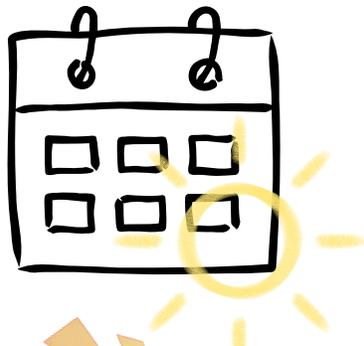


# NOVEMBER NUTRITION NEWSLETTER

## AFFORDABLE HEALTHY EATING

How to eat healthy while being budget conscious



**A great way to eat healthy on a budget is by buying what's in season.**

Seasonal fruits and vegetables are often fresher, tastier, and cheaper because they're in abundant supply. As we enter the late fall and winter months, root vegetables are in season. Root vegetables grow underground which makes them packed with plenty of essential minerals, vitamins and antioxidants. Examples of root vegetables include carrots, beets, radishes, turnips, potatoes and yams.

**When seasonal items are at their cheapest, buy in bulk and freeze or pickle extra for later.**

**Buying frozen/canned produce is another great way to save money.**

Frozen fruits and vegetables are flash-frozen at peak ripeness, locking in nutrients and flavor without the short shelf life of fresh produce. Canned beans, tomatoes, fish, and vegetables are also nutrient-rich and super convenient. Buying frozen or canned allows you to stock up during sales and reduces food waste since these products last much longer.



**Remember to read the labels and look for options with no added salt or low sodium when possible.**

Eating healthy does not mean following complicated recipes and using fancy ingredients. I recommend **keeping it simple** and making meals that include **healthy fats, protein and fiber**. This trio provides you with long lasting energy, essential macro and micronutrients and supports long-term health.

**Prepare staple ingredients in advance to make a balanced plate in no time!**

Examples of this include having frozen vegetables in the freezer or cooking rice in advance and storing it in the fridge. It's a great idea to have easy protein options such as canned tuna, beans, eggs or cooked chicken prepared in advance when you can.



## 4-Steps To Easy and Affordable Meal Planning



# 1

### Take inventory

Spend some time looking through your fridge, freezer and pantry to see what you have on hand. Is there anything that needs to be used up? Jot down ingredients that you'd like to incorporate in this weeks meals.

# 2

### Flyer hunt

Look through your local grocery stores weekly flyer. Keep an eye out for fruits, vegetables, protein sources and starches that may be on sale. Jot down any that peak your interest. (If you don't have a physical copy of a flyer, use the *Flipp* app to search flyers from multiple grocery stores and make shopping lists on the app.)



flipp

# 3

### Meal Plan

Review your list of ingredients (at home + on sale) and use these ingredients to come up with 2-3 lunch/supper meals and 1-2 breakfast meals. I like to make bigger suppers and use leftovers for my lunch the next day. Remember keep your meals simple (vegetable, protein, starch).

# 4

### Make your shopping list

Based on the meals you've selected for the week, create a list of ingredients you will need to pick up from the store. Don't forget to add in any snacks that are on sale or staple items for your household.



**Bonus tip:** Make your meal plan realistic!

This means choosing meals that you like and will enjoy eating.



## BEET, CARROT & APPLE SALAD

This salad is a great way to use up seasonal produce. Make a big batch of it in advance and add into bowls, sandwiches, wraps or enjoy it as a snack!



### Ingredients

- 2 whole beets, peeled and shredded
- 2 medium carrots, peeled and shredded
- 1 large apple, peeled and shredded
- ½ cup roughly chopped walnuts or pecans

### Dressing:

- 3 tbsp lemon juice
- 2 tbsp olive oil
- 1.5 tbsp apple cider vinegar
- 1 tbsp maple syrup
- ¼ tsp salt
- ¼ tsp pepper



### Instructions

1. Peel the skin off of the beets and carrots
2. Using a mandolin or a cheese grater, shred the beets, carrots and apple into a bowl
3. Roughly chop walnuts or pecans and toss them into the bowl with the rest of your ingredients
4. Add all the dressing ingredients into a jar or bowl and mix well
5. Add the dressing to the salad ingredients and toss well
6. Enjoy the salad right away or store it in the fridge and add it as a fruit/vegetable source to your next meal.

### Options

- For the cheese lovers – try adding in feta, goat cheese or blue cheese
- Add in mixed beans or cooked lentils as a protein source