

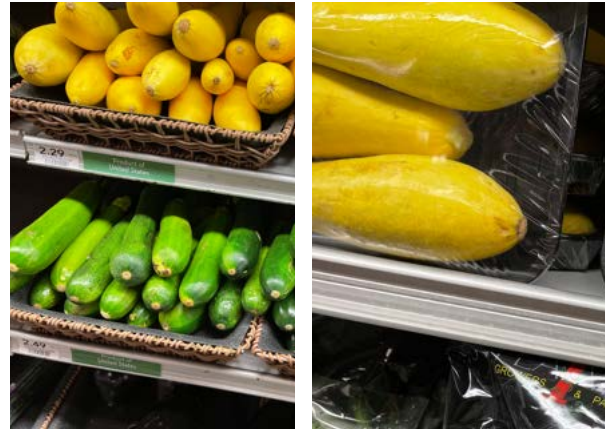
HEALTHY ON A BUDGET!

Info Guide

1 TRY SOMETHING NEW
WHEN IT'S ON SALE!



2 KNOW WHEN TO BUY
"LOOSE" VS "PACKAGED"



note: avoid pre cut convenience packs!

3 BUY WHAT YOU NEED
& WILL EAT!



note: better to buy 2 limes than a bag you will trash!

4 USE EXTRA VEGGIES/HERBS
FOR SAUCES & DRESSINGS



HEALTHY ON A BUDGET!

Info Guide

5 BUY PANTRY ESSENTIALS ON SALE!



6 BUY FROZEN BREADS WHEN POSSIBLE



note: take out only what you need and toast (its better for digestion!)

7 BUY RAW NUTS!



note: multi use; meat replacement, snack, milks, dressings & sauces

8 NEVER SHOP HUNGRY & HANGRY!

We make better food choices when we are in a good emotional state. Often when we go hungry we buy too much and most often don't eat or use what is purchased. We tend to make impulsive purchases!

HEALTHY ON A BUDGET!

Recipe Guide

Pad Thai!



CORE INGREDIENTS

- 1 whole napa cabbage
- 1 red bell pepper
- 1 jalapeno pepper
- 1 bunch spring onions
- 2 cloves of garlic
- 1 lime
- 1 pack of pad thai rice noodles
- 1 red onion
- 1/2 cup fresh cilantro

1

PAD THAI SALAD



2

CURRY PAD THAI



HEALTHY ON A BUDGET!

Recipe Guide



1 PAD THAI SALAD



PEANUT DRESSING INGREDIENTS

1/4 cup peanut butter
3 tbsp rice vinegar
2 tbsp coconut aminos or soy sauce
2 tbsp agave
2 tbsp lime juice
1 tsp sesame oil
1 tsp cayenne pepper
salt and pepper to taste

DIRECTIONS

1. In a mixing bowl combine all dressing ingredients and whisk until well combined
2. Chop all veggies; shredding half of the napa cabbage and carrot, slice the peppers and onions and chop cilantro.
3. Add half of the cooked pad thai noodles and the veggies to the mixing bowl with the dressing and toss until combined.
4. Serve immediately.

TIPS: COOK PAD THAI IN A COMBO OF HALF WATER AND VEGGIE STOCK, 1 Tbsp OF SESAME OIL AND 1 TSP OF SALT IF PLANNING TO SERVE AT A LATER TIME STORE DRESSING SEPARATE FROM VEGGIES AND PAD THAI AND ADD JUST BEFORE SERVING

HEALTHY ON A BUDGET!

Recipe Guide



Pad Thai!

2

CURRY PAD THAI



CURRY SAUCE INGREDIENTS

1/2 cup vegetable stock
1/2 cup coconut milk
2 tbsp sesame oil
2 tbsp Curry Spice Blend
salt and pepper to taste

DIRECTIONS

1. Chop all veggies in large dice
2. Add sesame oil to large saute pan
3. Add veggies and saute until cabbage and onions become translucent (7-10 min)
4. Build a "well" in the center of the pan by shifting the veggies to the edge of the pan.
5. Add the vegetable stock and coconut milk in the well and stir.
6. Add the curry spice blend and salt and pepper.
7. Add the pad thai in the center and incorporate the veggies with the pad thai and sauce.

TIPS: COOK PAD THAI IN A COMBO OF HALF WATER AND VEGGIE STOCK, 1 TBSP OF SESAME OIL AND 1 TSP OF SALT