



How to Eat CHEAP & Organic!

Our family of twelve enjoys a FANTASTIC diet of organic nutrient-rich foods! Rarely is anyone ever sick, but rather we enjoy abundant energy and vibrant health. People always ask how we can afford to eat the way we do. I always tell them we pay much less each month for our family than most do eating conventional. Our family spends less than \$650 a month on food. I hear FAR too often...."I can't afford to eat organic." My answer? **YES YOU CAN! YOU CAN EAT WELL! Let me show you HOW!**

Organic foods have not been grown, harvested or processed with any chemicals, pesticides, or herbicides, and produce is picked when ripe so.....it will usually cost a little more than conventional produce. HOWEVER.....do you *really* know what you are paying for when buying conventional and convenient foods?

I spent an evening scoping out the local, alternative food store (alternative is the common grocery store in my opinion.....we sell the *real* food) and this is what I found:

Non-Organic Product	Weight	Price	Price per Pound
Peps Pizza	21oz	4.99	3.80
Bellatuna Pizza	16oz	7.99	7.99
Tombstone Pizza	16oz	5.00	5.00
Totinos Pizza Rolls	7.5oz	1.89	4.03
Hot Pockets	9oz	2.49	4.43
Kid Cuisine	7oz	2.45	5.60
Hungry Man	16oz	3.39	3.39
Healthy Choice	8 oz	2.45	4.96
Lean Cuisine	9oz	3.19	5.67
Eggo	9.9oz	2.19	3.53
Spaghetti-os	14 oz	1.39	1.59
Skippy PB	64oz	8.29	2.07
Mac & cheese	5.5	1.09	3.17
Fruit Loops	12.2oz	3.79	4.97
Life Cereal	21oz	4.09	3.12
Wheaties	15.6oz	4.19	4.30
Cheerios	12.8oz	3.99	4.98
Rice Chex	12.8oz	3.25	4.06
Total	15oz	3.99	4.26
Reeses Puffs	16oz	3.99	3.99
Pop Tarts	14oz	2.29	2.62
Soups-Chunky	18oz	2.55	2.27
Healthy Choice Soup	15oz	1.99	2.12
Jasmine Rice - dry	5#	7.09	1.42
Ham	16oz	5.99	5.99
Turkey	16oz	7.59	7.59
Tenderloins	16oz	4.99	4.99
Beef Wieners	16oz	3.19	3.19
Johnsville Breakfast Sausage	12oz	3.69	4.92
Bacon	16oz	3.99	3.99
Ground Chuck	16 oz	2.69	2.69
Brats	19.76oz	4.99	4.04
Oscar Meyer Ham Sliced	6 oz	2.99	7.97

Non-Organic Product	Weight	Price	Price per Pound
Bologna	16oz	4.39	4.39
Lunchables	4.7oz	2.79	9.50
Beef Sticks	8 oz	4.99	9.98
Trout	16oz	4.99	4.99
Shrimp	16oz	8.99	8.99
Colby Jack	16oz	5.99	5.99
Mild Cheddar	16oz	5.99	5.99
Shredded Cheddar Cheese	32oz	7.29	3.65
Cheese Blend		3.99#	3.99#
Pudding	22oz	2.99	2.17
Yo Plait Yogurt	6oz	6/\$4	1.76
YoPlait Trix Yogurt	24oz	2.65	1.77
Go Yogurt	18oz	2.75	2.44
Chex Mix	15 oz	3.55	3.78
Pringles	6.3 oz	1.69	4.29
Oke Doke Popcorn	8oz	3.49	6.98
Tostitos	14.5oz	4.99	5.51
Jay's Potato Chips	11oz	3.69	5.37
Potato Chips	10oz	3.99	6.38
Ritz	16oz	3.39	3.39
Cheezeits	11.5oz	4.09	5.69
Triscuits	8.5oz	2.99	5.63
Gold Fish Crackers	11 oz	3.69	5.37
Oyster Crackers	10oz	2.49	3.98
Easy Cheese	8oz	3.99	7.98
Oke Doke Cheese Dip	15.5oz	3.79	3.91
Oreos	15oz	3.69	3.94
Chips Ahoy	15.5oz	3.55	3.66
Frosted Sugar Cookies	15 oz	4.29	4.57
Frozen Cookie Dough	30 oz	3.49	1.86
Cookie D	30oz	3.49	1.86
Blue Bunny Ice Cream	1.75qt	5.35	1.55
Little Debbie Cupcakes	14oz	3.09	3.53
Donut Sticks	10oz	1.79	2.86
Granola Bars	18oz	3.49	3.10
Nutty Bars	25oz	3.49	2.23
Gushers	5.4oz	2.29	6.79
Kashi Bars	6.7oz	3.79	9.05
Reeses PB Cups	12oz	3.09	4.12
M&M	12oz	2.99	3.99
Star Burst	3oz	1.19	6.35
Rice Krispe Treats	16oz	3.99	3.99
Rockstar Energy Drink	15oz	1.99	2.12
Folgers	34.5oz	8.29	3.84
8'Oclock Coffee	12oz	4.89	6.52
Red Bull Drink	12 oz	1.50	2.00
Orange Juice	3qt	4.75	.80
Home Pride White Bread	20 oz	2.99	2.39
Wonder Bread	20 oz	2.49	1.99
Sarah Lee WW Bread	20 oz	3.39	2.71

What do you think about that chart? CRAZY eh?

The essential point to understand about food is:
The more mineral dense and nutritious the food, the less of it you will eat! Your body is constantly measuring the nutrients in your blood, and when it needs more you get hungry. An easy fix is to eat more mineral-rich, nutrient-dense foods and you will be less hungry and fill up quicker!

Different signals can notify you if you are hungry:

1st Your body cries for nutrients.

By eating a meal full of living nutrient filled foods (sprouts, produce, nuts, seeds, grains) your body becomes "full" and you are not hungry any more. You can eat a 12 oz salad and feel full for hours!

Or

2nd Your stomach tells you it is empty.

NOTE: the more dead foods and lifeless foods you eat, the more it takes to make you feel full, thus your stomach expands to a larger size which means one thing: it takes MORE food to make you feel full! Thus, a diet full of dead, over cooked and lifeless foods makes you large, inside and out. You can eat a 12 oz bag of chips, soda, and a candy bar and still feel hungry!

In order to eat cheap, the best thing to do is learn and understand what foods you will want to eat to top the nutrients off in your body, and what foods to avoid. When helping others with their menus and shopping lists, we often look at the chart on page one to start eliminating the dead foods that give you no nutrients, while they rob you blind!

Because we all come from different backgrounds, and are starting at different places, I will let you decide what foods you will remove from the weekly shopping list. I will suggest though, that you SERIOUSLY look at the other costs involved in eating unhealthy foods: High medical bills, bills for the dentist, endless bills for treating cancer and disease (note: cancer and disease cannot survive in alkaline rich (nutrient rich) body), time off of work to run to the doctor or stay home with sick children, gas money in running to the clinic and pharmacy and high medical insurance bills and co-pays. This is of course, an abbreviated list!

Now speaking (ok, writing) from YEARS of experience I can share one thing.....eating well WORKS! We have almost no medical bills and only visit the doctor for school required sport physicals. No illness, no diseases, no time off of work or school, just healthy living. Of course we do tend to travel more because we feel so darn great and that does cost money...oh well! Can't complain!

Please understand we practice what we preach! Having your health is the most important thing you can have. Because our children are so healthy we actually give them days off for good health, as they miss taking sick days! Food does one of two things, if either gives you life, or it takes life.

ORGANIC CHEAP NUTRIENT DENSE Products!	Weight	Price per pound	Price per pound after cooked with water
Organic Lentils	1#	1.72	.57!
Organic Kidney Beans	1#	2.34	.78!
Organic Black Beans	1#	1.79	.60!
Organic Garbanzo Beans	1#	1.99	.66!
Organic Adzuki Beans	1#	1.72	.57!
Organic Great Northern	1#	1.35	.45!
Organic Pinto Beans	1#	1.99	.66!
Organic Black Eyed Peas	1#	2.25	.75!
Organic Split Peas	1#	1.89	.65!
Organic Barley	1#	1.54	.51!
Organic Quinoa	1#	3.40	1.33!
Organic Jasmine Rice	1#	2.59	.86!
Organic Basmati Rice	1#	1.79	.66!
Organic Oats	1#	1.45	.75!
Organic Buckwheat Groats	1#	1.59	.59!
Potatoes	1#	.99	
Pink Lady Apples	1#	1.59	
Fuji Apples	1#	.99	
Pears	1#	1.39	
Celery	1#	.99	
Cabbage	1#	.79	
Carrots	1#	.99	
Chard	1#	2.99	
Broccoli	1#	1.79	
Cauliflower	1#	.99	
Distilled H2O	1 Gall	1.15	.14

As you can see, changing your diet to a nutrient rich one will be saving you a lot of money! With organic produce being just a little over the cost of conventional, you can enjoy a grocery bill that reflects the savings in more ways than one!

Following Are a Few Helpful Hints

- Hint #1** Purchase grains, nuts and seeds in bulk. We have a buying club at our store, and you can find them in most any town.
- Hint #2** Plan your menu, and use leftover items
- Hint #3** Make double the quantity and freeze or bag. ie: Make a large amount of trail mix, bag and store in cooler or freezer and take as snacks. Make two pans of food and freeze the other. Make a large batch of waffles or pancakes and freeze them to pop into toaster.
- Hint #4** Avoid breakfast foods. When you eat carbohydrates for breakfast, you will crave them all day! They are expensive and not great for your overall health.
- Hint #5** Limit meats and dairy. They are VERY expensive and VERY taxing on your body. Instead of eating meats three times a day, change to three times (or less) a week. Read **Protein Awesome Protein!** if worried about protein in your diet!
- Hint #6** PUMP up the NUTRIENTS! You will feel GREAT and save MONEY! Read **Fueling for Life!** for alkaline tips!

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