








HEALTHY IS BUDGET FRIENDLY

You can eat nutrient rich foods for less!

You can buy this (for 4 people)		Instead of this (for 4 people)	
	Baked Potato/Plantain/Kale Chips \$2.70		Frito Lay Snack Chips \$3.56
	Homemade Pasta with Tomatoes and Spinach \$3.17		Spaghetti O's \$4.36
	Low Sugar Cereal with Fruit \$5.48		Sugary Cereals \$5.59
	Apples and Peanut Butter \$2.01		Dessert \$4.19
	Seltzer Water \$0.69		1.25 liter of Coca-Cola \$1.39
	Homemade Turkey Dinner with Spinach and Potatoes \$8.58		Frozen Meals \$15.16
	Homemade Salad Dressing \$1.38		Salad Dressing \$4.19



You can buy this (for 4 people)		Instead of this (for 4 people)	
	Homemade Tuna Sandwich \$5.64		6-inch Subway Tuna Sandwiches \$21.56
	Homemade Breakfast Sandwiches \$5.77		Egg McMuffin Breakfast Sandwiches \$19.76
	Baked Potato Fries \$3.60		Medium McDonalds French Fries \$13.16
	English Muffin Mini Pizzas \$6.17		1 Large Domino's Pizza \$13.99
	Oven-baked Chicken \$4.78		8 Ct Chick-fil-a Chicken Nuggets \$17.40
	Homemade Cheese Turkeyburger/ Veggie Burger \$7.48		Five Guys Cheeseburgers \$38.76
	Homemade Apple Chicken Salad \$14.54		Wendy's Apple Pecan Chicken Salad \$28.76
	Homemade Chicken Burritos \$12.88		Chipotle Chicken Burrito \$31.80
	Homemade Fried Rice \$4.95		Restaurant Fried Rice \$29.00

\$15.92
SAVED

\$31.28
SAVED

\$18.92
SAVED

\$24.05
SAVED