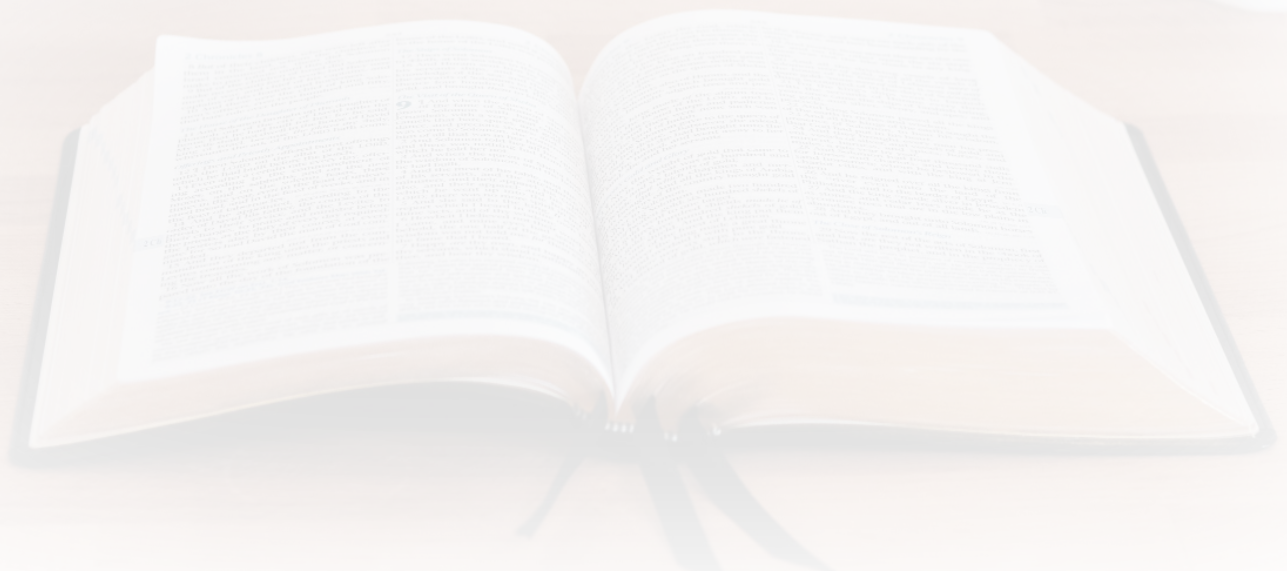




# GUIDE TO PLANNING & SHOPPING *For All Budgets*

## CONTENTS

10 BUDGET FRIENDLY TIPS.....	PAGE 1
LABEL READING 101.....	PAGE 2
UPGRADE EXAMPLES.....	PAGE 3
GUIDE TO BUILDING YOUR PERFECT SMOOTHIE.....	PAGE 4
GUIDE TO BUILDING YOUR IDEAL SOUP.....	PAGE 5
THINGS YOU CAN DO TODAY.....	PAGE 6



# 10 BUDGET FRIENDLY TIPS

## 1 Plan your meals and write a list

The average UK family throws away almost £60 of good food every month. Planning your meals will not only save your budget, but it will also make you more likely to eat nutritious foods. Making nutritious food choices becomes much harder when hunger takes hold!

## 2 Make your vegetables steal the show

Vegetables are much cheaper than meat or packaged products especially when you buy in-season vegetables. Aim to fill at least ½ of your plate with vegetables and make sure you dress them to ensure they taste great!

## 3 Conscious shopping

Most supermarkets will spread out regular purchase items to encourage consumers to walk around the entire shop. However, the majority of the nutritious foods are found in the same place. Look at the signs at the top of aisles and decide if you even need to go down there in the first place.

## 4 Meat-free Monday

Going meat free at least one day a week benefits our budget, our health and the planet! Find more information, discover delicious recipes and see how much of an impact you could make by visiting [www.meatfreemondays.com](http://www.meatfreemondays.com)

## 5 Buy frozen

Frozen peas, spinach and edamame beans are much cheaper ways to add a nutrient punch to soups, stews and casseroles without breaking the bank or worrying about them going off!

## 6 Love your leftovers

One pot dishes like chilli, bolognese, curry, fajitas, stew, soups and stir fry make brilliant lunch time options for the next day, simply invest in some good Tupperware and if you're not too confident on food hygiene yet, take a few minutes to read over the [NHS Guide On How To Store Food & Leftovers](#).

## 7 Experiment with value brands

Sometime higher price equals higher quality product, but in the supermarket, this isn't always the case. Use the Label Reading 101 on page 2 to become a nutrient detective, then experiment with different brands to see if you really can taste the difference!

## 8 Bulk with pulses

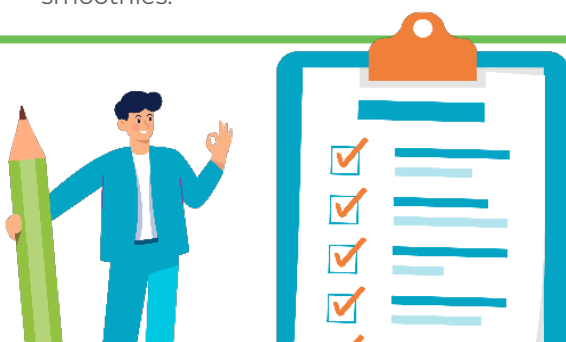
Chickpeas, kidney beans, lentils, borlotti beans, black beans, mung beans, pinto beans and the list goes on! Like vegetables and fruits, different beans contain different amounts of nutrients and are a much cheaper (and more sustainable) way to bulk out dishes.

## 9 Freeze to save

Bread, fresh ginger and ripe fruit are just three examples of how you can freeze to save. Slice the bread, freeze it in a reusable bag and use it for toast. Peel the ginger, freeze it, then grate it directly into recipes that call for ginger. Peel the ripe fruit (also works with avocado) and chop it into 2-4cm chunks then add it to your green smoothies.

## 10 Experiment with different cuts of meat and fish

Liver, kidney and organ meat is not only some of the cheapest cuts, they're also some of the most nutritious! 100g of liver will provide you with 26g of protein, 39% of your recommended vitamin C, 99% of your recommended iron and 30% of your recommended B-6. Other money saving tips include buying the whole fish (a whole salmon is often much cheaper per gram than packaged) and ask the fish counter to fillet it for you. Also try visiting your local butcher, as many do 'meat for the week' offers.



# LABEL READING 101

## 1 CHECK THE INGREDIENTS

Every product **MUST** list ingredients in order of highest content on the back of the pack - so ignore the clever marketing on the front and instead turn the product over and check to see if the ingredients in the list are ones you recognise, and are in the quantities you'd expect.

Smoothies like this one often look nutritious but don't be fooled by clever marketing...

Some promote the fruit, vegetable & vitamin content on the front whilst hiding sugars and chemicals on the back!



## 2 CHECK THE SUGAR CONTENT

Sugar is our primary fuel source, but it can be hidden in anything, meaning we often consume too much and that becomes damaging to our body.

Check the per 100g column and aim for less than 15g per 100g.



	Per Bar	Per 100G
Energy	1643 kJ	1356 kJ
	389 kcal	236 kcal
Fat	6.1g	5.1g
- of which saturates	6.3g	5.3g
Carbohydrates	78g	68g
- of which sugars	<b>34g</b>	<b>32g</b>
Fibre	3g	2g
Protein	4.8g	3.6g
Salt	0.63g	0.48g

## 3 COMPARE

Every label must list their content in a per 100g or 100ml chart. So next time you go shopping, highlight three products that you usually buy and spend an extra 5 minutes looking at similar products to see if there is an upgrade to be made!



### CEREAL A

Carbohydrates	69g
- of which sugars	<b>25g</b>



### CEREAL B

Carbohydrates	66g
- of which sugars	<b>16g</b>

# UPGRADE EXAMPLES

Highly processed  
and refined foods  
with very low  
nutritional value

High in refined  
carbohydrates  
with low  
nutritional value

Single ingredient  
foods that are high  
in nutrients and  
free from chemicals



MICROWAVE RICE



WHITE RICE



WILD OR  
CAULIFLOWER RICE



FROZEN CHIPS



HOMEMADE WEDGES



HOMEMADE SWEET  
POTATO WEDGES



SPAGHETTI



WHOLEMEAL  
SPAGHETTI



COURGETTI  
SPAGHETTI



For more upgrades and tips, join our  
Wellbeing Community on Facebook

 Wellbeing People Community

# GUIDE TO BUILDING YOUR PERFECT SMOOTHIE

## 1 CHOOSE YOUR BASE

**200ml**  
of your choice

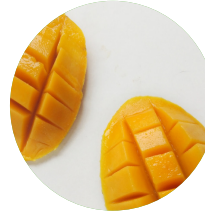
- Water
- Nut milk
- Coconut water



## 2 CHOOSE YOUR FRUIT

**1-2 pieces**  
fresh or frozen

- Bananas
- Mango
- Strawberries
- Blueberries
- Peaches



## 3 CHOOSE YOUR LEAFY GREENS

**1-2 handfuls**  
of your choice

- Spinach
- Chard
- Kale
- Romaine lettuce
- Collards



## 4 OPTIONAL BOOSTERS

- 1 tbsp chia seeds
- 1 tsp matcha
- 1 tsp spirulina
- 1/4 avocado
- 1 tbsp coconut oil
- 1-2 tbsp ground flaxseeds
- 1-2 tsp cinnamon
- 1 inch piece of ginger
- 5 drops of stevia



## 5 BLEND & ENJOY!



# GUIDE TO BUILDING YOUR IDEAL SOUP

## 1 PICK A BASE STOCK

**200ml**  
of your choice

- Vegetable stock
- Chicken stock
- Beef stock

## 2 CHOOSE A BASE VEGETABLE

**1-2 pieces**  
fresh or frozen

- Onions
- Leeks
- Celery

## 3 CHOOSE A STARCHY VEGETABLE

**1-3 pieces**  
of your choice

- Potato
- Sweet potato
- Squash

## 4 CHOOSE A NON-STARCHY VEGETABLE

**1-3 pieces**  
fresh or frozen

- Carrots
- Broccoli
- Cauliflower
- Kale
- Spinach
- Tomatoes
- Courgettes
- Peppers

## 5 ADD SOME FLAVOUR

- Chilli
- Paprika
- Garlic
- Basil
- Chives
- Thyme
- Lemon/lime juice
- Salt and pepper
- Curry powder
- Turmeric

## 6 OPTIONAL EXTRAS

- Pumpkin seeds
- Roasted chickpeas
- Grated cheese
- Crème fraîche
- Pulses

### HOB INSTRUCTIONS:

Melt a tsp of oil or butter in a pan, sauté the base vegetables for 3-5mins, add the starchy vegetables and cook for 1 minute continually stirring. Pour in the base stock, add the other vegetables and simmer for 20 minutes. Add the additional flavour and cook for a further 3 minutes. Take off the heat and blend with a hand blender.

### SLOW COOKER INSTRUCTIONS:

Throw everything into the slow cooker, turn to low for 3-4 hours. Turn off the heat and blend with a hand blender.



# THINGS YOU CAN DO TODAY

## START SMALL

Plan tomorrow's meals. By starting small, the task ahead will not feel so big and you are more likely to succeed!



## SEARCH YOUR FREEZER

Have a look at what is already in your freezer before you go shopping and see if you can make a recipe with the items in there.



## BULK OUT YOUR MEALS

Bulk your meals with vegetables, beans or pulses, You will save money on more expensive items like meat and fish. It will also make your meals more filling and last longer for leftovers.



## A PAT ON THE BACK

Give yourself credit for the steps you already take to improve your wellbeing! This will help you to gain perspective on the other areas you may want to improve.

## SPREAD THE WORD

Spread the wellbeing ripple by telling your friends, colleagues, family, or community about your achievements and helping them with wellbeing tips!





Wellbeing People Ltd

[hello@wellbeingpeople.com](mailto:hello@wellbeingpeople.com)

Registered in England No.  
07858207

