



Eat plants. For a change.

EAT PLANT-BASED FOR CHEAP!



A common misconception about eating a plant-based diet is that it will break the bank. Well, we're here to put that rumor to rest! Here are seven tips and tricks to save money at the grocery checkout while saving some animals, the planet, and public health all at the same time.

1. Focus on whole foods.

While vegan meat alternatives can be delicious, they sometimes come at a premium. Filling your grocery list with whole plant foods like sweet potatoes, chickpeas, and couscous can ensure you're getting your daily dose of vitamins and minerals, while keeping your costs down.

2. Buy in bulk.

Purchasing your staples in larger quantities is an easy way to save money, and trips to the grocery store! We're not just talking about bigger packages either—though that can help. Many stores have wholesale bulk sections where you can buy coffee, rice, nuts, or oats by the pound. These tend to be significantly cheaper than the brands you see on the shelf.

3. Vary your veggies.

Don't be afraid to adventure into the produce aisles you don't usually frequent. Changing up your veggies will keep your home menu interesting and can save you money. Seasonal vegetables are often cheaper than their year-round counterparts, or you might find a "buy one, get one free" deal on a vegetable you've never heard of!

4. Explore other stores.

Are you finding it difficult to keep your grocery bill down no matter what you do? Try a different store or farmer's market! They may have more bulk options, a different selection of produce, or better sales. Trying out new grocery stores can be intimidating at first, but after a couple trips, you'll feel right at home. Just don't forget your reusable bags!

5. Simplify your recipes.

Not every meal needs to be five-star caliber. Recipe books are great idea generators, but often require multiple specific ingredients. Simpler meals can save you time and money, but still pack a flavorful punch. One of our favorites is a big ole crock of rice and beans!

6. Prep your meals.

We get it, Chipotle is delicious. But you can't buy it everyday! Spend your Sunday afternoon making double or triple batches of spaghetti squash, baked tofu, or bean salad to mix in with your meals for the week. Take it a step further and prepare multiple servings of full dishes, so all you have to do is pull the container out of the fridge.

7. Grow your own!

Have a backyard and a weekend off? Start a garden! Sowing some seeds from the store can save you a lot of money in the long run. If you don't want to start from the very beginning, then you can buy a starter plant at your local nursery. Not only will you have fresh veggies all summer, but you can freeze the extra for later.

Know some other ways to eat plant-based and not break the piggy bank? Share them with us and everyone else on [Facebook](#), [Instagram](#), and [Twitter](#)—we'd love to hear them!

