



## Eat Right on a Budget

- Plan what you're going to eat. Before you go to the grocery store, plan your meals and snacks for the week. Review recipes and see what food you already have. Most importantly, make a list and shop off of that.
- Decide how much to make. Making a large batch by doubling a recipe can save both time and money. Extra portions can be used for lunches or meals later in the week or they can be frozen for leftovers.
- Determine where to shop. Check the local newspaper, online ads and at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.
- Shop for foods that are in season. Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive. Just remember that some fresh fruits and vegetables don't last long. Buy small amounts at a time to avoid having to throw away spoiled produce.
- Try frozen produce. At certain times of the year, frozen fruits and vegetables may be less expensive than fresh. And they are often just as fresh if not more so than the non-frozen version.
- Focus on nutritious, low-cost foods. Certain foods tend to be less expensive, so you can make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna, or crabmeat; grains such as oats, brown rice, barley, or quinoa; and frozen fruits and vegetables.
- Make your own healthy snacks. Convenience costs money, so many snacks even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into one-cup containers. For trail mix, combine nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers.



## Featured Anti-Inflammatory Food

# Broccoli

Broccoli contains omega-3 fatty acids and isothiocyanates, molecules that can help control inflammation in the body. Because of these properties, broccoli is an anti-inflammatory food and may even slow down joint damage caused by osteoarthritis!

Eat more broccoli by trying out one of these great recipes!

### Beef and Broccoli Stir Fry

#### Ingredients

2 tbsp sesame oil	¼ cup green onion, thinly sliced
5 cloves garlic, minced	¼ cup coconut aminos
2 tbsp ginger, minced	1 tsp each salt and pepper
1 lb. of beef, cut into 1" cubes	1 tsp red pepper flakes
4 cups of broccoli florets	Sesame seeds for garnish (optional)

#### Directions

Warm the sesame oil over high heat in a wok or pan. Sauté the ginger and garlic in the oil for 2 minutes, then add the steak. Stir and cook until the cubes are browned and seared. Mix in the broccoli and sauté over high heat, adding in the green onion and another tablespoon of oil if necessary. Stir in the coconut aminos, salt, pepper and red pepper flakes and sauté for an additional 2 – 3 minutes. Garnish with the sesame seeds and serve.

### Cream of Veggie Soup with Bacon

#### Ingredients

4 cups broccoli, chopped and steamed	4 -6 cloves of roasted garlic
2 cups chicken or beef broth	Sea salt and black pepper to taste
4 cups cauliflower, chopped and steamed	4 slices of bacon baked and chopped

#### Directions

Add steamed broccoli, broth, cauliflower, garlic and salt & pepper to a blender. Blend on medium high until pureed. Place in a large pot on the stove over medium heat and pour in both the batch of broccoli and cauliflower. Stir the contents to blend and add salt and pepper to taste. Simmer for ten minutes, adding more stock if you prefer your soup thinner. Serve in bowls and top with the chopped bacon.



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### How to select broccoli at the store

Choose broccoli with tight florets and firm stalks. Avoid broccoli if the end of the stalks are browning. Use fresh broccoli within 2-3 days of purchase and eat cooked broccoli in 3 days.



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## Newsletter Quiz

1. What could you do to eat right on a budget?
2. What should you look for when buying broccoli?

To earn your Wellness Incentive Points, e-mail your response to [Katie@wellworksinc.com](mailto:Katie@wellworksinc.com) by March 31, 2016

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