

Eat well,  
spend less



How can we balance the compromises we need to make in our spending with the importance of eating well and nourishing our bodies with good food? This month, try these ideas to make nutritious meals that won't break the bank.

Make extra dinner and take it for <b><u>lunch</u></b>	Make a dish with mince and add in pulses, e.g. lentils, chickpeas, black beans, kidney beans	Make a batch of <b><u>homemade slaw</u></b> and use this as a base for your lunch	Bring your own snacks to work or take them out with you at the weekend
Have oats for breakfast. They only cost 20c for ½ cup	Do a batch of <b><u>healthier baking</u></b>	Explore the frozen veggie section and try something you haven't before. Edamame beans? Frozen spinach? Mixed stir-fry?	Sort out your <b><u>fridge</u></b> - check the temperature, remove the plastic from veg, put a paper towel in your salad bag
Make a recipe with <b><u>tofu</u></b>	Have a meal with mussels! If you are vegetarian or don't eat seafood, go for egg, tofu or a pulse-based meal	Make a meal using <b><u>lentils</u></b>	Have an <b><u>egg-based meal</u></b> for dinner