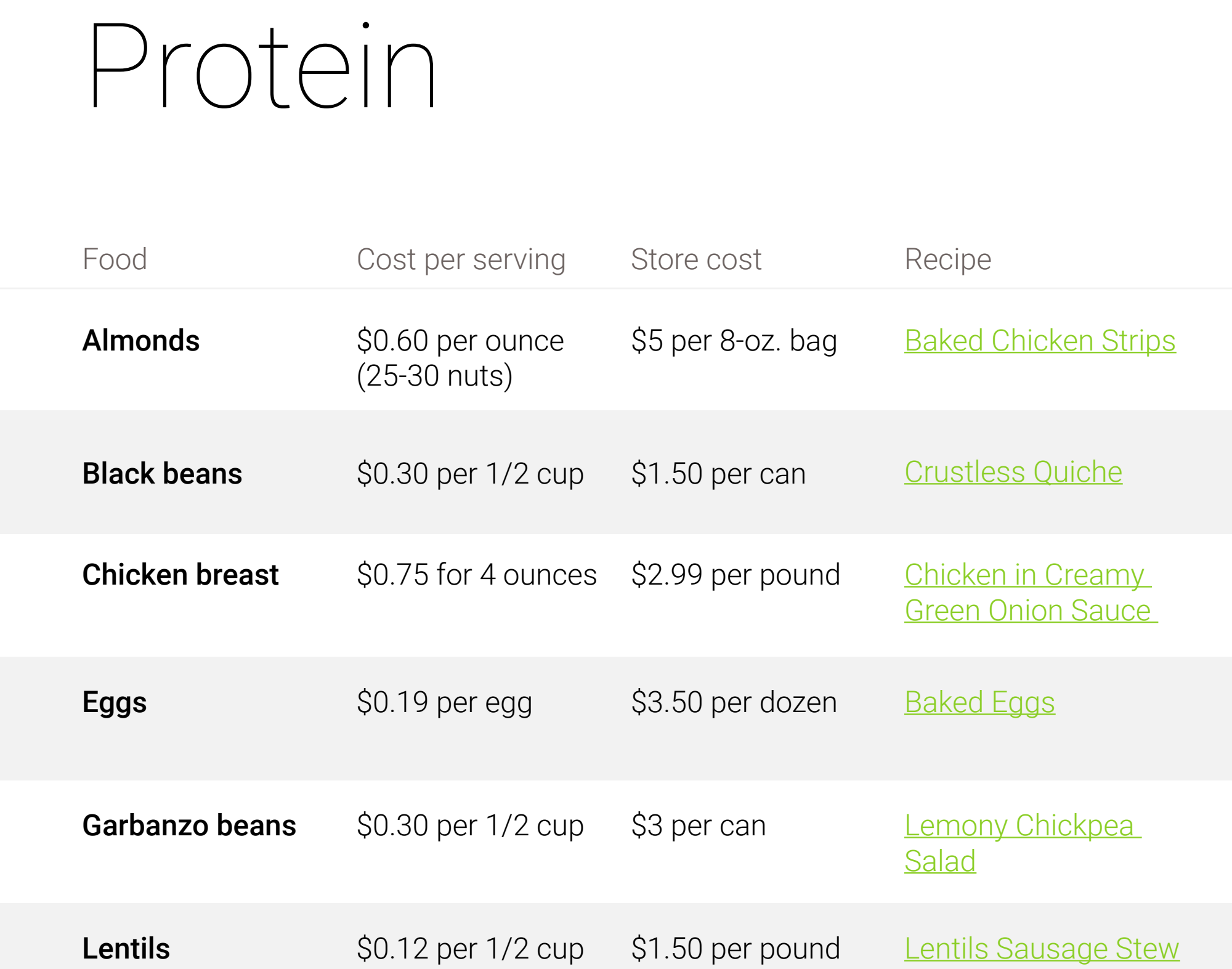


ONE DROP GUIDE TO

Eating Healthy on the Cheap

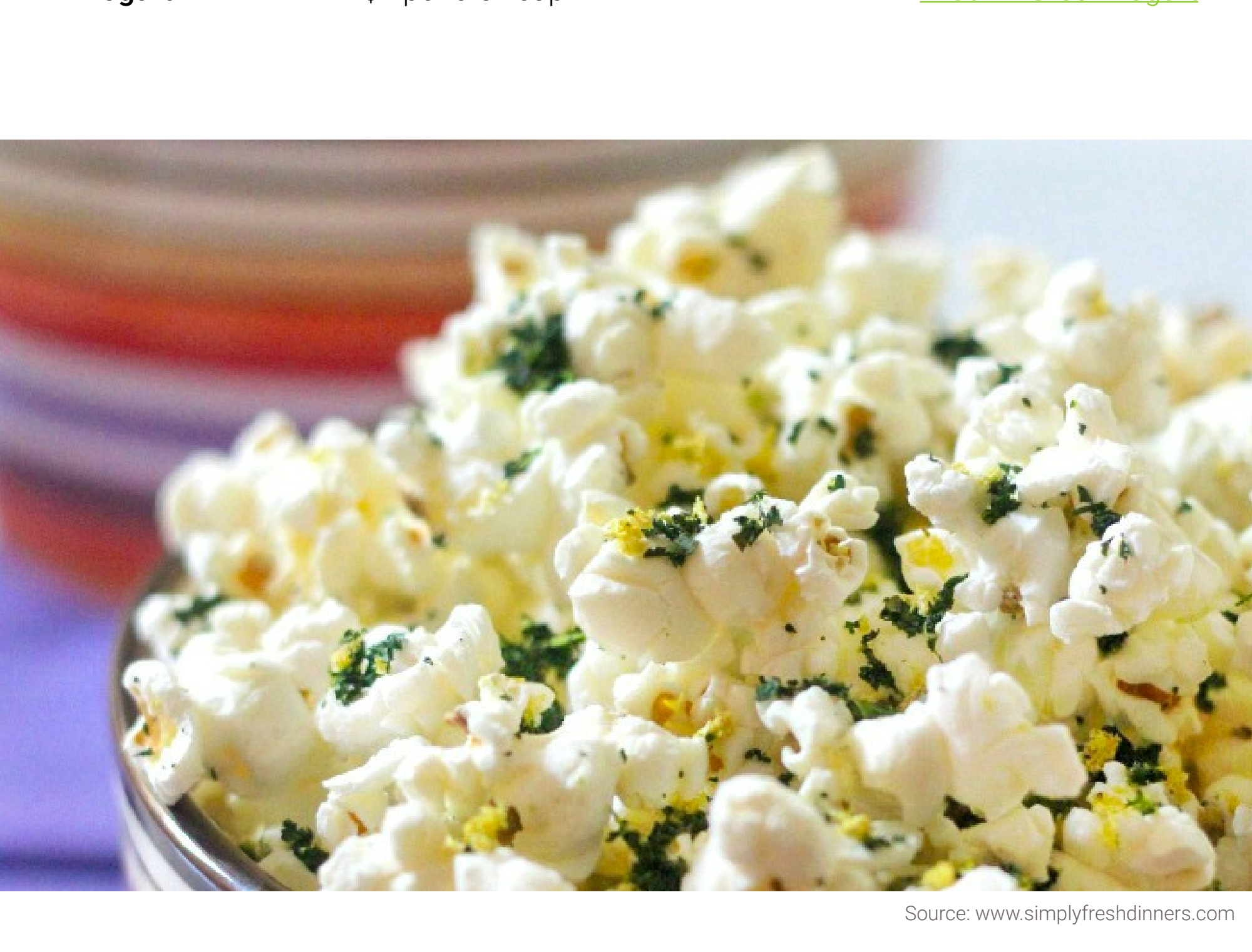
Here's a list of healthy foods and recipes that taste great and cost less than \$1 per serving.



Source: www.DietDoctor.com

Protein

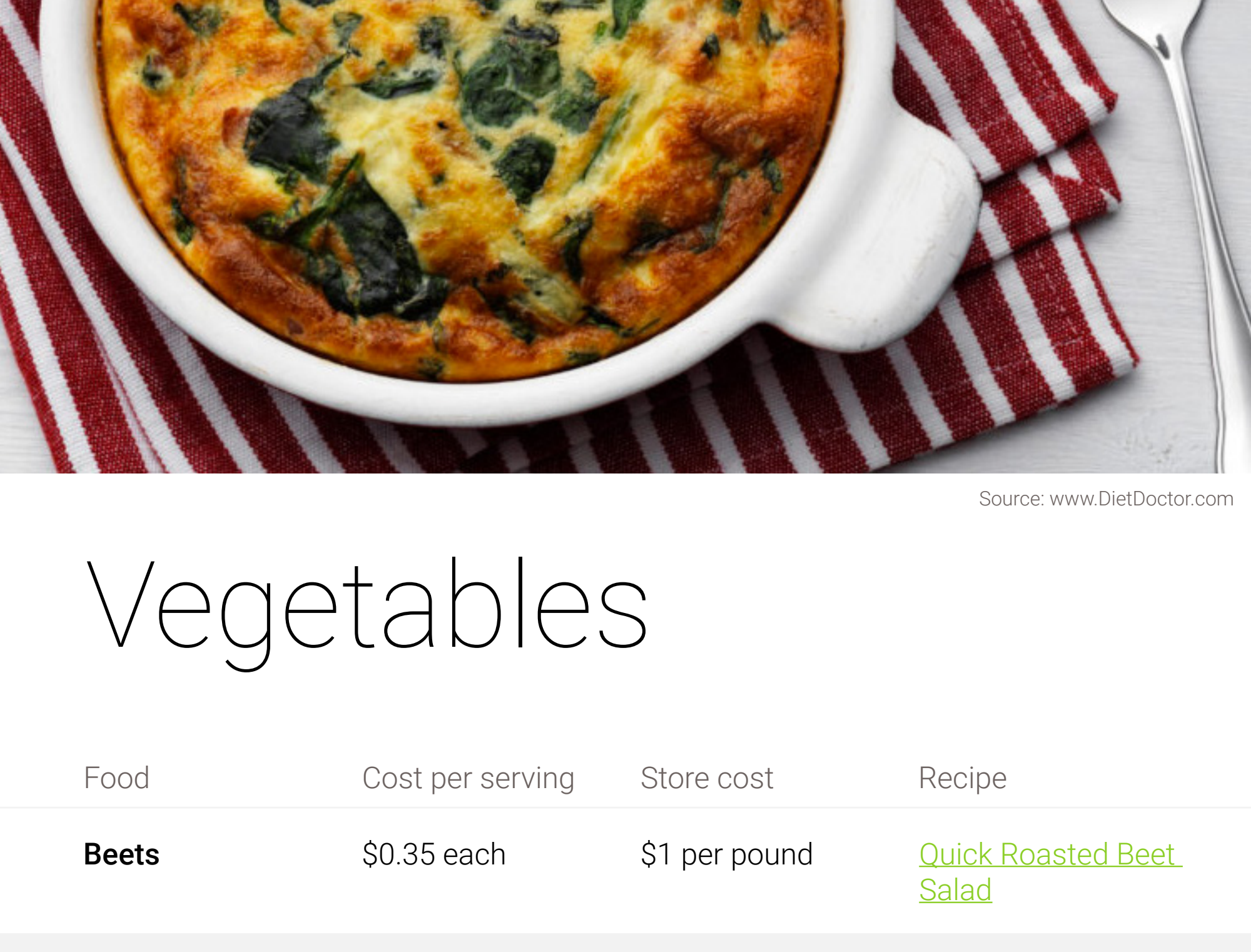
Food	Cost per serving	Store cost	Recipe
Almonds	\$0.60 per ounce (25-30 nuts)	\$5 per 8-oz. bag	Baked Chicken Strips
Black beans	\$0.30 per 1/2 cup	\$1.50 per can	Crustless Quiche
Chicken breast	\$0.75 for 4 ounces	\$2.99 per pound	Chicken in Creamy Green Onion Sauce
Eggs	\$0.19 per egg	\$3.50 per dozen	Baked Eggs
Garbanzo beans	\$0.30 per 1/2 cup	\$3 per can	Lemony Chickpea Salad
Lentils	\$0.12 per 1/2 cup	\$1.50 per pound (dry, in bulk)	Lentils Sausage Stew
Peanuts	\$0.50 per ounce (25-30 nuts)	\$4 per 8-oz. bag	Crispy Peanut Kale Chips
Pinto beans	\$0.30 per 1/2 cup	\$3 per can	Pinto Beans with Bacon and Jalapenos
Pumpkin seeds	\$0.50 per ounce	\$6 per pound	Pumpkin Seed Crusted Tofu
Salmon (canned)	\$0.20 per ounce	\$2.50 per 14.75-oz can	Salad in a Jar
Tofu	\$0.80 per ounce	\$3 per pound	Crispy Peanut Tofu Cauliflower Stir Fry
Tuna (canned)	\$0.30 per ounce	\$1.5 per 5-oz. can	Spicy Tuna Guacamole Bowls
Whey protein	\$0.75 per scoop	\$40 per 3-pound container	Low-Carb Chocolate Peanut Butter Smoothie



Source: www.weelicious.com

Dairy

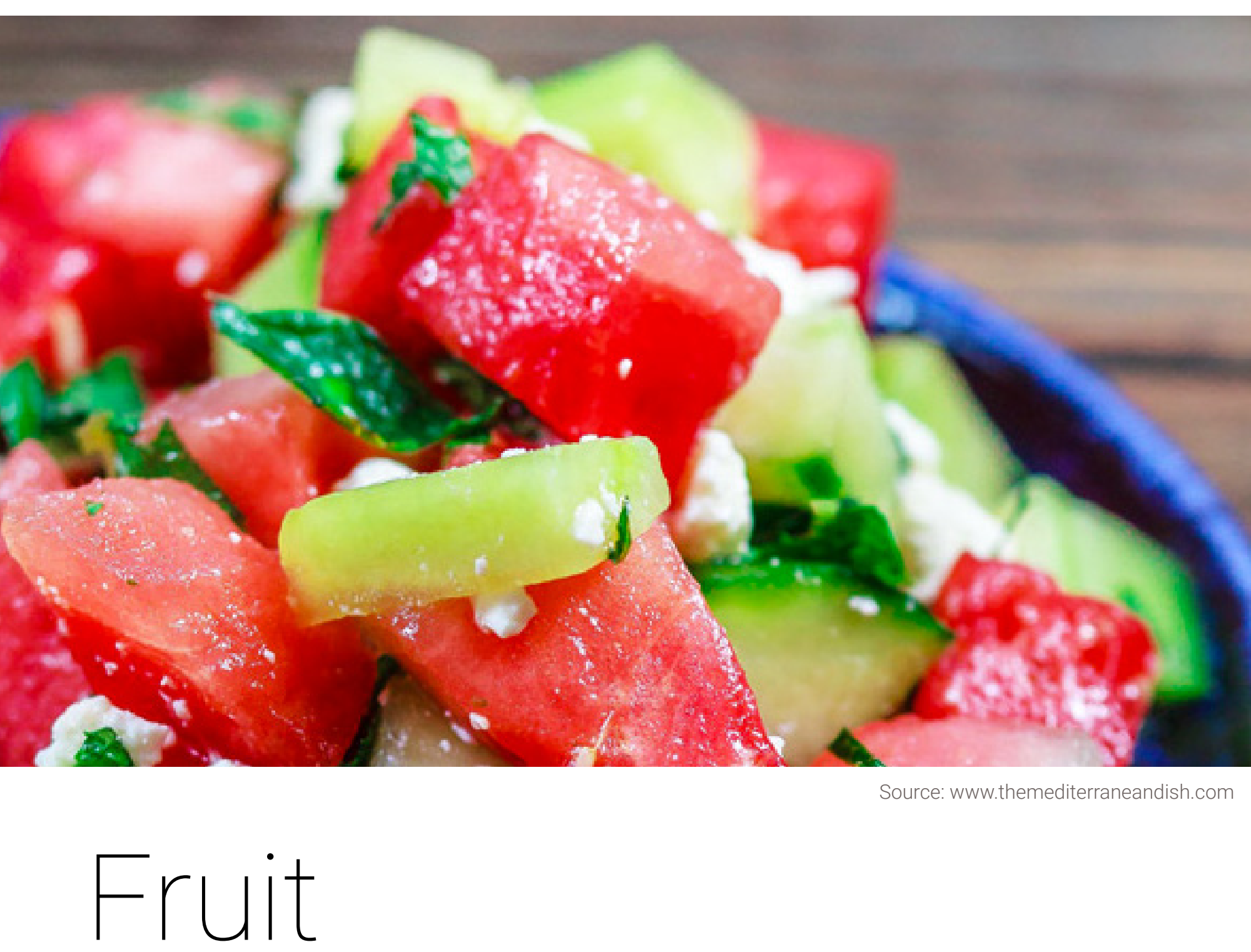
Food	Cost per serving	Store cost	Recipe
Cottage cheese	\$1 per 1/2 cup	\$5.50 per 16-oz container	Cottage Cheese Pancakes
Milk	\$0.25 per cup	\$4 per gallon	Broccoli Cauliflower Soup
Yogurt	\$1 per 6-oz cup	-	Tzatziki Greek Yogurt



Source: www.simplyfreshdinners.com

Whole Grains

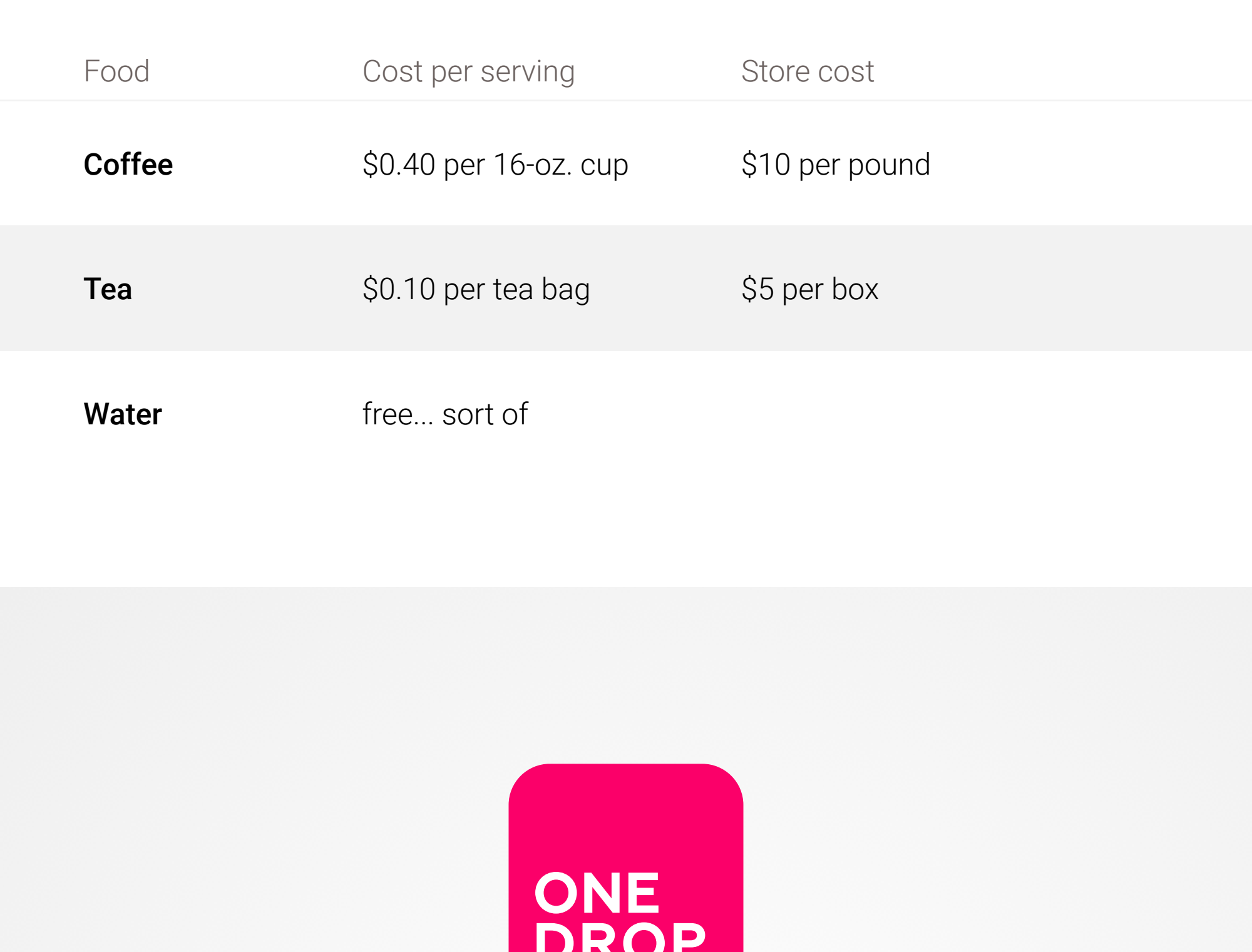
Food	Cost per serving	Store cost	Recipe
Brown rice	\$0.18 per 1/4 cup	\$2 per pound	Garlic Cilantro Brown Rice
Popcorn	\$0.30 per 1/2 cup	\$1 per pound of kernels	Healthy Popcorn Snacks
Oats	\$1 per pound	-	Oatmeal Blender Pancakes
Quinoa	\$0.60 per 1/4 cup	\$5 per 12-oz. box	Lemony Kale Quinoa Salad
Whole-wheat pasta	\$0.37 per 1/2 cup	\$3 per box	Apple Cabbage Slaw



Source: www.DietDoctor.com

Vegetables

Food	Cost per serving	Store cost	Recipe
Beets	\$0.35 each	\$1 per pound	Quick Roasted Beet Salad
Broccoli	\$0.50 per 1/2 cup	\$2 per bunch	Creamy Broccoli and Leek Soup
Carrots	\$0.50 each	\$2 per pound	Curry Roasted Carrots
Cauliflower	\$0.40 per cup	\$1.50 per pound	Cauliflower Cous-Cous with Leeks and Sun-Dried Tomatoes
Edamame	\$0.50 per 1/2 cup	\$3 per 10-oz frozen package	Spicy Hoisin Noodle Salad
Garlic	\$0.30 per bulb	-	Quick Garlic Parmesan Broccoli
Kale	\$0.50 per raw cup	\$2 per bunch	Kale Salad with Cajun Spiced Chickpeas
Onions	\$0.18 each	\$0.59 per pound	Roasted Garlic Carmelized Onions
Pumpkin (canned)	\$0.75 per 1/2 cup	\$2.50 per 15-oz. can	Curried Red Lentil and Pumpkin Soup
Spinach	\$0.50 per raw cup	\$2 per bunch	Spinach Frittata
Sweet potatoes	\$0.50 each	\$1 per pound	Chili Roasted Sweet Potatoes
Tomatoes (canned)	\$0.50 per 1/2 cup	\$1.80 per 14.8-oz. can	Super Quick Tomato Soup
Winter squash	\$0.50 per 1/2 cup	\$1.50 per pound	Low-Carb Spaghetti Squash and Meatballs



Source: www.themediterraneandish.com

Fruit

Food	Cost per serving	Store cost	Recipe
Apples	\$0.75 each	-	Chopped Salad
Bananas	\$0.50 each	\$2 per bunch	Banana Bread
Cantaloupe	\$0.50 per 1/2 cup	\$3 per small melon	Melon Salad with Chile and Mint
Grapes	\$0.75 per cup	\$1.50 per pound	Healthy Chicken Salad
Kiwi	\$0.40 each	-	Kiwi Chicken Feta Salad
Oranges	\$0.50 each	\$1 per pound	Orange Balsamic Cilantro Salad
Pears	\$0.85 each	\$1.75 per pound	Pear Ginger Steel Cut Oats
Watermelon	\$0.30 per cup	\$5 per melon	Watermelon Salad

Drinks

Food	Cost per serving	Store cost
Coffee	\$0.40 per 16-oz. cup	\$10 per pound
Tea	\$0.10 per tea bag	\$5 per box
Water	free... sort of	



We're in this together.

www.onedrop.today

Reference: 44 Healthy Foods Under \$1 available at <http://greatist.com/health/44-healthy-foods-under-1>