

ORGANIC ON A BUDGET

Your Complete Guide to Eating Clean & Saving Green

By Kelley Herring & The Editors of Healing Gourmet®
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How much would you expect to pay for a dinner of Pan-Roasted Wild Salmon, Organic Spinach Salad with Roasted Beets and Organic Mediterranean Quinoa Pilaf?

Fifteen dollars? Twenty dollars? How about just **\$3.59**?

Or what about...

- Wild Shrimp Scampi, Sautéed Organic Broccoli and Organic Roasted Red Pepper Soup. Twenty five bucks? Nope. Just **\$3.21**.
- Organic Three-Egg Omelet with Spinach and Roasted Red peppers, a slice of uncured bacon and a cup of organic shade-grown coffee? Ten dollars? How about a paltry **\$2.19**.
- Grass-Fed Sirloin Steak, Roasted Organic Sweet Potato & Wilted Kale with Lemon. Twenty two dollars? Try just **\$4.29**.

And you could add a glass of organic wine to any of these meals for just \$1.58 more. See the [calculations here](#) or [sign up now](#) to get your **FREE** guide: **100 Organic, Sustainable Foods on the Cheap** delivered instantly.

Can You Really Eat Organic Foods at Drive-Thru Prices?

When you consider that the average cost of a fast food meal is about four dollars¹, these organic gourmet menus aren't just good meals.... they're great deals!

It might be hard to believe that you can enjoy delicious, organic dinners for 20% less than what you'd pay for a bag of drive-thru junk, but these prices are real. And you don't have to tend to your own vegetable garden, build a chicken coop, or roast your own coffee beans. You just have to be savvy with your shopping and make a plan.

In fact, in this article, I'll show you how you can enjoy the healthiest gourmet foods on the planet... and still save \$4,400 on your groceries in the next year². That's enough to take your family on a luxury vacation!

But before we get to that, let me show you why...

You Can't Afford to NOT Eat Healthy

According to the *Journal of the American Medical Association*, more than 75% of the money spent on health care is spent on chronic conditions including heart disease, stroke, cancer, diabetes, and arthritis.³

And yet more than 70% of all chronic conditions are preventable with a healthy diet and lifestyle.

The World Health Organization says that processed foods are to blame for the sharp rise in obesity and chronic disease seen around the world⁴ and consider these facts:

- 90% of the money Americans spend on food is used to buy processed foods⁵
- 92% of us aren't getting the basic nutrient requirements set by the USDA (which are arguably way too low!)⁶
- 50% of our calories come from sugar and carbohydrates

Is it any wonder that most of us are fat, sick and depressed?

So why aren't more people taking the hint and cleaning up our diets?

Some people just don't know what a healthy diet is (and that's where we come in). Others think cooking healthy is difficult or complicated (it doesn't have to be). And many people think eating healthy means you have to spend a lot of money.

But it's not just healthy foods that are expensive – all foods are becoming more expensive. So what's the reason?

Rising Food Prices & Wastefulness Eat Into Your Budget

According to the United Nations, its monthly food price index recently hit an all-time high.⁷ And with a growing global population adding to the demand for food, along with surging inflation, this is a trend you can expect to continue.

The U.S. Agricultural Service reports that the typical family of four spends between \$600 and \$1,000 per month on groceries.⁸

But take a look in your fridge. There's likely some wilting chard or broccoli begging to be eaten that will never make its debut on your dinner table. In fact, it's estimated that while most families make an average of two trips to the supermarket each week (eight each month)⁹ ... they end up throwing out up to half the food they buy!

What's more, each added trip to the store costs an average of \$30.¹⁰ With supermarket stops averaging two per week per household,¹¹ that's an additional \$240 per month!

Given these figures, a family of four could save (at the low end) between \$250-\$370 per month (that's \$4,400 each year!) just by making one weekly supermarket trip and cutting out waste by having a plan for every food they purchase.

But when you know where to shop, how to buy and the right way to plan your meals, you can eliminate all of that extra expense and waste.

Here are 14 easy ways you to eat like a king on a fast food budget.

Solution #1: Think Big to Save Big

Buying in bulk is a great way to save a bundle on direct-from-the-farm meats, pantry staples like beans, nuts, canned items and grain-based products as well as frozen foods.

And with food prices going up just about every month, you can look at non-perishable foods purchases like an investment. Not only do you save money, but you make a return on your savings to boot!

Look for deals on non-perishables online and don't forget that many vendors will ship your purchase for FREE. Also check your local big lot stores like Costco and Sam's for a wide variety of bargains on everything from frozen organic wild blueberries and fresh organic spinach to organic quinoa and shade grown coffee.

You can also save a bundle buying meat, pork and poultry products in bulk at farmer's markets or directly from the farm. In fact, if you have the freezer space to store it, you can save 20% to 70% on meats by purchasing large quantities direct from the supplier. If you can't afford a large purchase or don't have the room to store it, consider splitting an order with several other families or joining a "cow-pooling" program. The website www.eatwild.com has a local search feature, which includes a long list of farms sell direct to the public and use humane, natural and organic methods to raise their animals.

And be sure to pick up Healing Gourmet's guide **100+ Organic, Sustainable Foods on the Cheap** for the best products at affordable prices.

Solution #2: Shop Online to Help Your Bottom Line

Many online purveyors sell a wide variety of delicious organic foods – literally from soup to nuts – at 10-20% less than what you'd find at your local store.

Amazon.com is a great place to start. You'll find top of the line brands like *Bob's Red Mill*, *Nutiva*, *Navitas Naturals*, *Emerald Forest*, *Eden Organic* and many more.

In addition to non-perishables, you'll find the best discounts on flash-frozen, farm-fresh, pasture-raised meat and seafood online. Try *US Wellness Meats* or *Grass Fed Traditions* as well as *Vital Choice* for high quality products delivered to your door.

And most online stores offer a small flat-rate shipping charge or even free shipping for orders over a certain dollar amount. In these cases, buying big is the key to saving big.

Another reason to shop online: You'll avoid the grocery store buying psychology trap (see Solution #13).

Be sure you make room in your pantry, cellar or basement for bulk dry storage and consider getting a chest freezer for bulk meats, poultry and fish.

Solution #3: Make Your Freezer Your Friend

Investing in a chest freezer is a great way to cut food expenses.

Why? The extra storage allows you to buy in bulk and take advantage of those deep discounts at direct-from-farm purveyors.

Plus, a large, well-stocked freezer ensures you always have flash frozen meats, poultry, fish, fruits and veggies on hand so you don't have to make a special trip to the store. And remember – every grocery run you shun saves you an average of \$30.

Stock up on the cuts of meat, fish and poultry as well as the frozen fruits and veggies you and your family love. You'll have wholesome ingredients on hand at all times for your meals... and save money too.

But what about cereals, crackers and the foods on the interior aisles that eat up so much of your budget?

Solution #4: Pass on Packages

Your best bet is to buy *as few packaged foods as possible* and stick to the perimeter of the store. Not only will this trim your expenditures, but your waistline too, since the interior aisles are home to carb-and-sugar laden cereals, cookies, crackers and chips.

Consider this: A 6 ounce box of *Annie's Gluten Free Cocoa & Vanilla Bunny Cookies* will set you back \$4.99 (that's \$0.83 per serving). Why not offer your little one a delicious homemade **Primal Protein Brownie** (for just \$0.55 per serving) or half an organic apple, spread with a tablespoon of organic *Sunbutter* (\$0.38 per serving) instead?

Not only will small changes like these cut your snack costs nearly in half, but provide more protein and nutrients and less sugar!

For healthy must-have packaged foods (like oils, vinegars, herbs, spices, olives, nuts, etc) and staple items, look to coupons to cut your expenses.

Solution #5: Be a Coupon Clipper

While the majority of your grocery expenditure (organic fruits and vegetables, grass-fed meats and wild fish) will rarely have coupons, you can find savings on many of your favorite items – from tea to pet food to eco-friendly laundry detergent and beauty products too.

But buyer beware! One of the psychological tricks grocery stores use is to offer “too good to pass up” prices on items you normally wouldn’t (or shouldn’t) buy – like cookies, crackers and chips.

Look for coupon books at the front of the grocery store or at retailers’ websites. *Whole Foods* puts out a coupon book every two months called “The Whole Deal” which can also be accessed online (<http://www.wholefoodsmarket.com/coupons>)

Another great resource for coupons on organic, sustainable products is *Mambo Sprouts*. Check them out at <http://www.mambosprouts.com>.

Here are some of the deals I found this month:

- \$1 off two bottles of *Apollinaris Sparkling Water*
- \$1 off any two *Imagine Organic Soups*
- \$1 off any one *Muir Glen* product
- \$1 off any one *Seeds of Change* product
- \$1 off any one *Seventh Generation* product
- \$1 off any one *Yogi Tea*
- \$1 off any one *Mary's Gone Crackers*
- \$1 off any one *San-J Organic Gluten Free Tamari*

While packaged staple foods like broths and lunchmeats offer convenience, you can save even more by making them from scratch.

Solution #6: Make Your Own Lunch & Salad Meats

If you’re a sandwich lover or enjoy topping your fresh salads with cold cuts, then you probably know how expensive good quality lunchmeat is – especially if you are feeding a family.

For example, a six ounce package of *Organic Prairie Roast Turkey Breast* will set you back \$5.69. That's \$1.90 per two-ounce serving.

Here's a budget-friendly alternative. Buy a whole pasture-raised turkey and roast it yourself. A frozen organic 12 lb. turkey runs about \$25. The average yield of a whole body turkey is 53%, with skin, so a 12 pound bird will give you about 6.4 lbs meat. That comes out to \$3.90 per pound or just \$0.49 for a 2 ounce serving.

That's a 75% savings (and better quality food) for a small amount of kitchen time. Get your family involved and make it a fun project.

After roasting and cooling, plan for leftovers (see Solution #12) and store your meat in portions using a **Seal-a-Meal** or **FoodSaver** (available at Target or Amazon.com, and yes – the bags are free of BPA, PVC and phthalates!) or heavy-duty freezer bags with labels.

You can do the same for chicken and roasts too.

But after you've carved and planned for leftovers, don't throw those bones away!

Solution #7: Be a Scratch Cook with Your Slow Cooker

With a little planning, you can save big on staples like beans and broths that you might normally buy in cans or tetra packs.

A 32 ounce container of *Pacific Organic Chicken Broth* runs about \$3.59. But you can make your own for pennies using your leftover pasture-raised **Simple Roast Chicken**.

Simply add the bones to a large slow cooker. Cover with water at least two inches over the contents. Put the lid on. Cook on low for 12 to 24 hours. Strain the broth and discard the bones. Season with high quality sea salt. Refrigerate for several hours, then skim off the fat when it is cool. Store in the refrigerator for several days or freeze for several months. The most convenient way to freeze broth is in BPA-free ice cube trays. Once the broth is frozen, transfer the cubes to zip top bags for later use.

And there you have it – a healthy, nutrient-rich broth made for just a few pennies!

You can do the same with grass-fed beef marrow bones to make Beef Bone Broth. Usually, you'll have to ask your butcher for these since they aren't kept in the meat case. And if they don't have them cut, ask nicely and your butcher will cut them fresh for you. A well-kept secret, grass-fed beef marrow bones will run you about \$2 per pound.

Another great way to use your slow cooker to save is by making beans from scratch. Consider *Eden Organic* dry black beans are just \$0.24 per half-cup serving versus their canned variety which costs \$0.46 per half cup serving. That's a 50% savings.

Once cooked, beans should be used within five days. Alternately, freeze portions in zip top bags – labeled with a description and date – for up to six months.

And don't reserve beans as a side item – consider making them the star of your dinner table to save even more.

Solution #8: Enjoy Meatless Menus

In fact, basing your meal around beans (and eggs) is a great way to bring wholesome, protein-rich, delicious meals to the table for under two dollars per serving.

Here are just a few of the many money-saving, meat-free menus you can enjoy at *Healing Gourmet*:

- **Save-Your-Dinero Cuban Dinner (\$1.61):** Slow Cooker Black Beans with Quinoa & Kale with Lemon
- **Breakfast for Dinner (\$1.91):** Egg Frittata with Spinach, Asparagus & Onions and Gluten-Free English Muffin with Grass-Fed Butter
- **Soup-er Savings (\$1.63):** Lentil Soup & Crispy Zucchini Latkes

While beans are always cheap, organic produce can really eat into your food budget. But you can save a bundle on perishables and pass on pesticides too with a few simple adjustments.

Solution # 9: Go Organic... Selectively

Eating organic not only protects you from harmful pesticides and other chemicals – it provides you with more nutrients in every bite. And the good news is you can have your organics... and save money too.

You just need to purchase organics selectively. Be sure to always buy organic when it comes to the "Dirty Dozen" – the top twelve most chemically-contaminated fruits and vegetables:

The Dirty Dozen

Apples
Celery
Cherries
Grapes
Nectarines
Peaches
Pears

Peppers
Potatoes
Raspberries
Spinach
Strawberries

But if you need to save money, you can opt for conventional on the “Clean 15” – the produce with the lowest levels of contaminants. Here they are:

The Clean 15

Asparagus
Avocados
Bananas
Blueberries
Broccoli
Cabbage
Garlic
Kiwi

Mango
Onions
Papaya
Pineapple
Shelling peas
Sweet corn
Watermelon

In general, foods with shells (like nuts and seeds) and inedible peels or rinds (like bananas or mangoes) can be purchased conventionally with little concern for chemical exposure.

While you can save a lot by being selective, you can save even more by going local.

Solution #10: Go Local to Get Perishables for Pennies

Which veggies are the most expensive? The ones you buy and never eat!

It happens to the best of us. We have good intentions for heaps of summer squash, cartons of fresh spinach or heads of cabbage, but we just don't get around to it in time.

And because freezing, canning and fermenting takes some planning, our plentiful perishables have typically passed their “expiration date” by the time we think of alternate options.

These little mistakes can really add up and hurt your pocket book over time – especially when you're buying pricy organic produce. But there's an easy fix: *Spend less and plan more.*

Buying from your local CSA or co-op is a great way to save a lot on seasonal fruits and veggies. The reason? You get direct from the farm produce with no middle man and no long distance shipping. Not only does this mean bigger savings, but more nutrients too.

In fact, according to a study conducted by the Institute of Food Research, up to 45% of nutrients in fresh vegetables are lost by the time they reach your plate¹².

Because co-op shares or CSA offerings typically consist of a few in-season foods, this gives you a great opportunity to buy in bulk, then freeze, can or ferment as you'd like. Not only will this save you money, but preserve those fresh-from-the-farm nutrients to boot.

- How to Can Vegetables
- How to Ferment
- How to Make Sauerkraut
- How to Freeze Fruits and Vegetables
- How to Freeze Herbs

Another way to save a lot – grow a little!

Solution #11: Grow a Mini Salad Garden

Most of us don't have the time in our busy lives to fuss with tending to a big garden. But a great way to save money with very little effort is to create a simple container garden.

And luckily, lettuces like arugula, spinach and mixed greens are very easy to grow.

Buy organic seeds from *Seeds of Change* (about \$2.50 per packet) and plant in a container of good organic potting soil. Keep the soil moist, but not wet. You'll be able to start harvesting after only a few weeks. Just snip what you need, and leave the plants to continue growing new leaves.

Voila! Virtually free, nutrient rich organic salad that you pick as you need – with no waste!

Which brings us to the next way to save...

Solution # 12: Love Your Leftovers

More often than not, we purchase or prepare too much food. And inevitably, those leftovers get pushed to the back of the fridge where they wither and wilt until we get around to tossing them out.

As you learned earlier, not “loving your leftovers” accounts for hundreds of dollars of wasted food each month. The solution: Only buy as much perishable food as you need for a week and make a plan for your leftovers.

While fish and shellfish aren’t the best candidates for next-day meals, soups, chilis and roasted meats taste just as good (if not better) the next day. For long term freezing, consider using a **FoodSaver** or **Seal-a-Meal** to keep foods tasting fresh and free from freezer-burn.

Solution #13: Make a List... and Stick to It!

How many times do you go to the store and end up buying items not on your list... that you really don’t need... or that you’ll never use?

Maybe 20% of the time?

Think again. For most shoppers, as much as **70% or more of all purchases are unplanned!**¹³ And this is no accident. Successful grocery stores are designed to sell more products and get you to spend more money.

And they want you to linger longer too. In fact, research shows that for every extra minute you spend at the store, you spend two dollars more.¹⁴

Smart grocers have buying psychology down to a science – from the music they play, to the placement of specific products like warm-and-fuzzy seasonally-inspired end-cap items or the too-good-to-pass-up bargains.

Go to the store with a well-prepared ingredient list from your meal plan and stern resolve: If it’s not on the list – don’t buy it.

Which brings us to the final, and most important way to save money – meal planning!

Solution #14: Plan Your Meals

Planning your meals – from deciding what you’ll cook to making a grocery list to shopping to leftover planning – is where saving money starts.

Without a meal plan, you'll spend more at the store at each trip, make more trips to the store and throw more food away, potentially costing you hundreds of extra dollars a month.

Not only will a meal plan help you save money, you'll also help to protect the environment by reducing waste.

Unfortunately, most of us don't make a meal plan because it can take hours each week.

What If You Could Plan All of Your Meals with the Click of a Button?

... And tailor your plan to suit your family's taste preferences, food allergies, health concerns, number of servings and even number of snacks?

What if you could automatically generate shopping lists (scaled to the exact amounts you need, based on your number of servings) and even get complete nutrition information for every day of the week?

Sound too good to be true?

It's called **Delicious Solutions**. And it's our new, state-of-the-art personalized meal planning tool available now!



Not only will you enjoy the freedom and the time-and-money saving benefits of having your meals planned for you, but you can also choose from nearly a thousand menus on our website and change any meal with the click of a button to accommodate for leftovers or just to suit your whims.

And best of all – our healthy menu database is growing everyday!

As you browse *Healing Gourmet*, you can add menus to your *Delicious Solutions* planner with one simple click – and your shopping list, daily nutrition information and meal plan are all instantly updated.

Here are some of the many budget-friendly menus you'll find:

- Pan-Roasted Wild Salmon, Mediterranean Quinoa Pilaf & Spinach Salad with Beets **(\$3.59)**
- Wild Shrimp Scampi, Sautéed Organic Broccoli & Organic Roasted Red Pepper Soup **(\$3.21)**
- Organic Three Egg Omelet with Spinach & Roasted Red Peppers, Bacon & Organic Shade-Grown Coffee **(\$2.19)**
- Grass-Fed Sirloin Steak, Roasted Organic Butternut Squash & Wilted Kale with Lemon **(\$4.29)**
- Slow Cooker Black Beans with Quinoa & Kale with Lemon **(\$1.61)**
- Egg Frittata with Spinach, Asparagus & Onions and Gluten-Free English Muffin with Grass-Fed Butter **(\$1.91)**
- Green-Shell Mussels Fra Diavolo, Miracle Noodle Fettucini & Broccoli Rabe **(\$3.35)**
- Lentil Soup & Crispy Zucchini Latkes **(\$1.63)**
- Herb-Roasted Whole Chicken, Sweet Potato Mashers & Green Beans **(\$2.59)**
- Grass-Fed Beef Chili & Baby Spinach Salad with Cumin-Lime Vinaigrette **(\$2.42)**
- Sesame Seared Scallops with Miso Soup with Simple Veggie Stir Fry **(\$3.17)**
- Grass-Fed Beef Meatloaf, Roasted Brussels Sprouts & Garnet Yams with Ghee **(\$3.41)**
- “Abuelita” Shredded Chicken and Organic Refried Pinto Beans with Salsa & Avocado **(\$3.49)**

Delicious Solutions can help you get in control meal planning, your finances and your health!

Be sure to pick up your free copy of **100 Organic, Sustainable Foods on the Cheap** for a complete listing of the best ingredients you can use to make delicious, wholesome meals on a budget.

And don't forget to visit our **Organics on the Cheap Forum** to chat with others and learn money-saving tips on the world's healthiest foods.

You can't afford to NOT eat healthy. Get started with your budget-friendly meal plan today!



100+ Organic Foods on the Cheap

100 Organic, Sustainable Foods On The Cheap					
Food	Where to Buy	Cost	Amount	Serving Size	Cost Per Serving
WILD SUSTAINABLE SEAFOOD - <i>Seafood harvested in the wild in a manner that protects the oceans. Low contaminants, low mercury.</i>					
Archer Farms Wild Alaskan Salmon- MSC Certified	Super Target	\$7.99	16 oz.	4 oz.	\$1.99
Kirkland Wild Alaskan Sockeye Salmon	Costco	\$27.49	3 lbs.	4 oz.	\$2.29
Archer Farms Wild Mahi Mahi - MSC Certified	Super Target	\$4.99	16 oz.	4 oz.	\$1.25
Archer Farms Wild Patagonian Sea Scallops	Super Target	\$7.99	16 oz.	4 oz.	\$1.99
Sanford Green-Lipped Mussels (New Zealand)	Publix	\$6.99	2.2 lbs (with shells) - 4 servings	0.5 lb. with shells	\$1.75
Archer Farms Wild Alaskan Halibut - MSC Certified	Super Target				
Bama Wild Mahi	Costco	\$17.99	3 lbs	4 oz.	\$1.50

Wild Planet Sardines in Extra Virgin Olive Oil	Amazon	\$36.99	12-4.375 oz. cans	1 can	\$3.08
Archer Farms Wild Key West Shrimp - MSC Certified	Super Target	\$8.99	16 oz.	4 oz.	\$2.25
GRASS FED BEEF, PASTURED POULTRY & PORK - Pasture-raised, never administered hormones; antibiotics administered only when needed. These are the healthiest meats to choose thanks to a natural diet, clean living environment and beneficial fat ratio.					
75% Lean Grass-Fed Ground Beef	US Wellness Meats	\$5.62	1 lb.	4 oz.	\$1.40
Grass-Fed NY Strip Steak	US Wellness Meats	\$13.35	16 oz.	4 oz.	\$3.33
Pasture-Raised Pork Chops	US Wellness Meats	\$9.35	1 lb.	4 oz.	\$2.33
Pasture-Raised Whole Chicken	Grassfed Traditions	\$7.74	1 lb.	4 oz.	\$1.92
Pasture-Raised Ground Turkey	US Wellness Meats	\$6.75	1 lb.	4 oz.	\$1.69
New Zealand Leg of Lamb	Wal-Mart	\$5.24	1 lb.	4 oz.	\$1.31
New Zealand Lamb Shoulder	Wal-Mart	\$4.74	1 lb.	4 oz.	\$1.19
Grass-Fed Bottom Round Roast	US Wellness Meats	\$21.22	3 lbs.	4 oz.	\$1.77
RAW & GRASS FED DAIRY - Dairy products from cows grazing on grass. Never administered hormones; antibiotics administered only when needed. Raw dairy products are not pasteurized.					
Organic Valley Raw Sharp Cheddar Cheese	Whole Foods	\$6.29	8 oz.	1 oz.	\$0.79
Grass-Fed Butter	US Wellness Meats	\$9.30	1 lb.	1 Tbsp.	\$0.29
Pure Indian Foods Grass-Fed Ghee	Pure Indian Foods	\$29.95	28.8 oz/62 Tbsp.	1 Tbsp.	\$0.48
Mt. Sterling Raw Goat Cheese	Whole Foods	\$4.77	8 oz.	1 oz.	\$0.60
ORGANIC DAIRY - Dairy products Never administered hormones; antibiotics administered only when needed. Pasteurized.					
Organic Kirkland Butter	Costco	\$6.89	2 lbs. (64 Tbsp)	1 Tbsp.	\$0.11
Archer Farms Organic Whole Milk					

Oikos Organic Greek Yogurt					
Redwood Hill Farms Goat Yogurt					
Organic Valley Sour Cream					
Organic Valley Cottage Cheese					
Organic Kirkland Milk	Costco				
Whole Foods Organic Goat Cheese (Vegetarian)	Whole Foods	\$3.99	4.oz	1/2 oz.	\$0.50
ANTIBIOTIC, HORMONE & PRESERVATIVE FREE MEATS - <i>Animals fed a grain-based diet. While there may be some access to the outdoors, most of these animals are raised in a feedlot setting. Never administered hormones; antibiotics administered only when needed. In terms of your health, these animal products are a decidedly better option than conventional, but not as beneficial as grass-fed.</i>					
Maverick Ranch Ground Buffalo	Publix	\$5.99	1 lb.	4 oz.	\$1.49
Niman Ranch Uncured Bacon	Super Target	\$4.99	12 oz/10 slices	1 slice	\$0.50
Greenwise Whole Chicken	Publix	\$9.56	4 lb./4 servings	4 servings cooked	\$2.39
Greenwise Chicken Breasts	Publix	\$5.99	1 lb.	4 oz.	\$1.50
Organic Prairie Roast Beef	Whole Foods	\$6.39	6 oz.	2 oz.	\$2.13
Verde Farms Organic Ground Beef	Costco	\$12.99	3 lbs.	4 oz.	
Organic Prairie Ground Turkey	Whole Foods	\$6.29	1 lb.	4 oz.	\$1.57
Plainville Farms Ground Turkey (99% Fat Free)	Publix	\$5.99	1 lb.	4 oz.	\$1.49
Plainville Farms Whole Turkey	Whole Foods Market	\$1.92	1lb./ .53 lb. edible	4 oz.	\$0.96
Organic Chicken Thighs	Costco				
Organic Chicken Breast	Costco				
Organic Eggs Cal-Maine Foods	Local Markets, Whole Foods	\$2.29	12 eggs	1 egg	\$0.19

Archer Farms Organic, Cage Free Eggs	Super Target	\$2.29	12 eggs	1 egg	\$0.19
Organic Prairie Roast Turkey Breast	Whole Foods	\$5.69	6 oz.	2 oz.	\$1.90
ORGANIC PRODUCE - Fruits and vegetables grown without the use of chemical pesticides, herbicides, fungicides or synthetic fertilizers.					
Ranier Organic Apples	Super Target, Publix	\$4.99	3 lbs./ 14 apples	1 apple	\$0.36
Greenwise Organic Spinach Salad	Publix	\$3.99	16 oz.	2 oz.	\$0.50
Earthbound Farm Organic Arugula	Publix	\$3.29	5 oz.	2 oz.	\$1.32
Earthbound Farm Organic Spring Mix	Publix	\$4.29	5 oz.	2 oz.	\$1.71
Pacific Wild Organic Blueberries	Costco	\$9.99	3 lbs/9 cups	1/2 cup	\$0.55
Cal-Organic Kale	Whole Foods	\$3.69	1 lb.	2 ounces	\$0.46
Cal-Organic Arugula	Whole Foods, Local Markets	\$1.49			
Cal-Organic Beets (Bunch of 3 with greens)	Whole Foods, Local Markets	\$1.99	3 beets	1/2 beet	\$0.33
Organic Garnet Yams	Whole Foods Market	\$2.49	1 lb.	3.5 oz.	\$0.54
Organic Butternut Squash	Whole Foods Market	\$1.69	1 lb.	3.5 oz.	\$0.37
Organic Brussels Sprouts	Whole Foods Market	\$3.49	1 lb.	2 oz.	\$0.44
Driscoll Organic Strawberries	Whole Foods, Local Markets	\$4.99			
New Star Fresh Organic Spinach	Costco	\$3.99	1 lb.	1.5 cups	\$0.80
PureNature Organic Broccoli (SunOpta)	Costco	\$5.99	4 lbs	2/3 cup	\$0.29
ByBee Foods Organic Green Beans	Costco	\$6.19	5 lbs	2/3 cup	\$0.25

Cascadian Farm Organic Cherries	Whole Foods	\$5.59	10 oz/2 cups	1/2 cup	\$1.39
ORGANIC WINES - <i>Wines made from grapes that are organically grown and free of chemical pesticides, herbicides, fungicides or fertilizers.</i>					
Vin de Pays	The Organic Wine Company	\$9.99	1 bottle/4 glasses	1 glass	\$2.50
Red Truck Organic Zinfandel, Mendocino	Local Markets, Whole Foods	\$4.99	1 bottle/4 glasses	1 glass	\$1.25
Sobon Zinfandel Hill	Total Wine	\$10.99	1 bottle/4 glasses	1 glass	\$2.75
Releaf Organic Cabernet Sauvignon	Total Wine	\$8.99	1 bottle/4 glasses	1 glass	\$2.25
Santa Julia Organic	Total Wine	\$8.99	1 bottle/4 glasses	1 glass	\$2.25
True Earth Cabernet-Merlot-Petite Sirah	Total Wine	\$12.00	1 bottle/4 glasses	1 glass	\$3.00
Bonterra Chardonnay	Total Wine, Publix, Whole Foods	\$13.99	1 bottle/4 glasses	1 glass	\$3.50
Frey Red, White & Rose Trio	Frey Wines	\$19.99	3 bottles/12 glasses	1 glass	\$1.58
Frey Organic Natural Red Table Wine	Frey Wines www.frey.com	\$8.00	1 bottle/4 glasses	1 glass	\$2.00
Frey Organic Zinfandel 2009	Frey Wines	\$12.75	1 bottle/4 glasses	1 glass	\$3.19
Bonterra Zinfandel	Total Wine, Publix, Whole Foods	\$11.99	1 bottle/4 glasses	1 glass	\$2.99
Natura Cabernet	Publix	\$10.99	1 bottle/4 glasses	1 glass	\$2.75
ORGANIC COFFEE - <i>Coffee grown without the use of pesticides, fungicides or fertilizers.</i>					
Sam's Choice USDA Organic Arabica Coffee	Wal-Mart	\$4.99	12 oz.	0.5 oz	\$0.21

Seattle's Best Fair Trade Breakfast Blend Coffee	Publix, Super Target	\$5.99	12 oz.	0.5 oz	\$0.25
Archer Farms Nicaraguan Fair Trade Organic Coffee	Super Target	\$6.99	12 oz.	0.5 oz	\$0.29
Café Altura Organic Shade Grown Coffee	Whole Foods	\$7.99	12 oz.	0.5 oz	\$0.33
Auta Maya Organic Shade Grown Coffee	Costco	\$13.99	2 lbs.	0.5 oz	\$0.22
ORGANIC DRY GOODS – Beans, grains, nuts, nut butters, staples & condiments.					
Eden Organic Black Beans (dry)	Amazon	\$17.45	6-16 ounce boxes (96 ounces/6 lbs dry/36 cups cooked)	1/2 cup cooked	\$0.24
Eden Organic Black Beans (canned)	Amazon	\$16.60	12-15 ounce cans (18 cups)	1/2 cup cooked	\$0.46
Eden Organic Refried Pinto Beans	Amazon	\$32.33	12-16 oz. cans (18 cups)	1/2 cup	\$0.89
Pacific Organic Free Range Chicken Broth	Amazon	18.66	24-8 oz. packages	1 oz.	\$0.10
Pacific Organic Vegetable Broth	Amazon	\$18.66	24-8 oz. packages	1 oz.	\$0.10
Miracle Noodle Fettuccini	Amazon	\$15.49	7-6oz. Pouches (42 ounces)	1 oz.	\$0.37
Pacific Foods Organic Low Sodium Beef Broth	Amazon	\$39.23	12-32 oz. boxes	1 oz.	\$0.20
Organic Sunbutter	Amazon	\$18.60	3-16 oz. jars	1 Tbsp.	\$0.20
Muir Glen Organic Diced Tomatoes	Amazon	\$21.05	12-14.5 oz. cans (174 oz.)	2 oz.	\$0.24
Kirkland Organic Peanut Butter	Costco	\$8.69	56 oz.	0.5 oz.	\$0.07
Nature's Earthly Choice Organic Quinoa	Costco	\$9.39	4 lbs.	1/4 cup dry/42 servings	\$0.22
Maranatha Roasted Almond Butter	Costco	\$5.79	26 oz/736 g	2Tbsp/23 servings	\$0.25
Kirkland raw Walnuts	Costco	\$13.99	3 lb/48 oz.	1 oz.	\$0.29
Kirkland Raw Pecans	Costco	\$10.79	2 lbs/32 oz.	1 oz.	\$0.34

Kirkland Raw Almonds	Costco	\$9.99	3 lbs	1 oz.	\$0.21
Kirkland Organic Chicken Broth	Costco	\$10.89	4 boxes, 6 cups each (24 cups)	1 cup	\$0.45
McCormick Organic Dried Basil	Costco				
McCormick Dried Organic Oregano	Costco				
Garlic Powder	Costco				
Organic Coconut Mayonnaise	Wilderness Family Naturals (www.wildernessfamilynaturals.com)	\$14.95	32 oz./4 cups	1 Tbsp.	\$0.23
Muit Glen Organic Salsa	Amazon	\$56.00	12-16 oz. jars (192 oz.)	1 oz.	\$0.29
Mediterranean Organic Sundried Tomatoes	Super Super Target, Whole Foods	\$6			
365 Organic Sundried Tomatoes	Super Super Target, Whole Foods	\$4.99	1 jar (8.5 oz)	3 pieces/8 servings	\$0.62
Pacific Organic Tomato Soup	Costco	\$9.99	4 boxes, 6 cups each (24 cups)	1 cup	\$0.42
HEALTHY BAKING SUPPLIES - Nut & coconut flours, gluten-free flours, healthy oils, natural sweeteners					
Tropical Traditions Coconut Flour	Amazon	\$9.99	2.2 lbs (35.2 oz)	1 oz.	\$0.28
NOW Foods Organic Cocoa Powder Pure, 12 Ounce Fiber Can (Pack of 4) Organic Cocoa Powder	Amazon	\$34.19	48 oz./192 Tbsp.	1 Tbsp.	\$0.18
Bob's Red Mill Organic Coconut Flour	Amazon	\$24.88	4 bags/16 oz each (64 oz)	1 oz.	\$0.37
Honeyville Farms Blanched Almond Meal	Amazon	\$36.99	5 lbs.(22.4 cups)	1/2 cup	\$0.83
Bob's Red Mill Organic Quinoa Flour	Amazon	\$35.56	4 bags/22 oz. each (88 oz)		

Let's Do Organic Coconut Flour	Amazon	\$32.71	6 bags/16 oz. each (96 oz)		
Nutiva Organic Coconut Oil	Amazon	\$41.38	2-54 oz. containers (108 oz or 216 Tbsp.)	1 Tbsp.	\$0.19
Big Tree Farms Organic Coconut Palm Sugar	Amazon	\$29.91	6-16 oz. bags (96 oz or 192 Tbsp.)	1 Tbsp.	\$0.16
Stevia					
Wholesome Sweeteners Zero	Amazon	\$23.89	2-12 oz. bags (24 ounces or 48 Tbsp)	1 Tbsp.	\$0.50
Zsweet	Amazon	\$27.69	2-1.5 pound pouches (3 lbs/48 oz/96 Tbsp)	1 Tbsp.	\$0.29
Organic Sunbutter	Amazon	\$18.60	3-16 oz. jars	1 Tbsp.	\$0.20
FlaxUSA Organic Golden Flax	Costco	\$7.89	3 lbs.	0.5 ounce	\$0.08
PureVia (400 packets)	Costco	\$9.79	400 packets	1 packet	\$0.02
Native Forest Organic Coconut Milk	Amazon	\$24.90	12-13.5 oz cans (162 ounces)	1 oz.	\$0.15
Steviva					

15 Organic Menus for Under \$5

Pan-Roasted Wild Salmon, Mediterranean Quinoa Pilaf & Spinach Salad with Beets

PRODUCT	WHERE TO BUY	COST	AMOUNT	SERVING SIZE	COST PER SERVING
Archer Farms Wild Alaskan Salmon- MSC Certified	Super Target	\$7.99	16 oz.	4 oz.	\$1.99
Red Hill Quinoa	Costco	\$9.39	4 lbs.	¼ cup dry or 1/2 cup cooked	\$0.22
Organic Spices + Olive Oil +Garlic	ESTIMATE	-	-	-	\$0.25
New Star Organic Spinach	Costco	\$3.99	1 lb	1.5 cups	0.80
Cal-Organic Beets	Whole Foods	\$1.99	3 beets	½ beet	\$0.33
MEAL COST PER SERVING					\$3.59

Wild Shrimp Scampi, Sautéed Organic Broccoli & Organic Roasted Red Pepper Soup

PRODUCT	WHERE TO BUY	COST	AMOUNT	SERVING SIZE	COST PER SERVING
Archer Farms Wild Key West Shrimp- MSC Certified	Super Target	\$8.99	16 oz.	4 oz.	\$2.25
PureNature Organic Broccoli (SunOpta)	Costco	\$5.99	4 lbs.	2/3 cup	\$0.29
Organic Spices + Olive Oil +Garlic	ESTIMATE	-	-	-	\$0.25
Pacific Organic Roasted Red Pepper Soup	Costco	\$9.99	4 boxes, 6 cups (24 cups)	1 cup	\$0.42
MEAL COST PER SERVING					\$3.21

Organic Three Egg Omelet with Spinach & Roasted Red Peppers, Bacon & Organic Shade-Grown Coffee

PRODUCT	WHERE TO BUY	COST	AMOUNT	SERVING SIZE	COST PER SERVING
Organic Eggs, Cal Maine Foods	Super Target	\$2.29	12 eggs	3 eggs	\$0.57
New Star Organic Spinach	Costco	\$3.99	1 lbs.	0.75 cup	\$0.40
Mediterranean Organic Roasted Red & Yellow Peppers	Amazon	\$96.21	192 oz.	0.5 oz.	\$0.25
Niman Ranch Uncured Bacon	Super Target	\$4.99	12 oz.	1 slice	\$0.50
Organic Spices + Olive Oil + Garlic	ESTIMATE	-	-	-	\$0.25
Auta Maya Organic Shade Grown Coffee	Costco	\$13.99	2 lbs.	0.5 oz	\$0.22
MEAL COST PER SERVING					\$2.19

Grass-Fed Sirloin Steak, Roasted Organic Butternut Squash & Wilted Kale with Lemon

PRODUCT	WHERE TO BUY	COST	AMOUNT	SERVING SIZE	COST PER SERVING
Grass-Fed Petite Sirloin	US Wellness Meats	\$99.00	132 oz.	4 oz.	\$3.00
Organic Sweet Potato	Whole Foods	\$1.69	1 lbs.	6 oz.	\$0.63
Organic Spices + Lemon	ESTIMATE	-	-	-	\$0.20
Cal-Organic Kale	Whole Foods	\$3.69	1 lb	2 oz.	\$0.46
MEAL COST PER SERVING					\$4.29

Slow Cooker Black Beans with Quinoa & Kale with Lemon

PRODUCT	WHERE TO BUY	COST	AMOUNT	SERVING SIZE	COST PER SERVING
Eden Organic Black Beans (dry)	Amazon	\$17.45	96 oz/6 lbs dry/36 cups cooked	1 cup cooked	\$0.48
Red Hill Quinoa	Costco	\$9.39	4 lbs.	1/2 cup cooked	\$0.22
Organic Spices + Onion + Lemon	ESTIMATE	-	-	-	\$0.45
Cal-Organic Kale	Whole Foods	\$3.69	1 lb	2 oz.	\$0.46
MEAL COST PER SERVING					\$1.61

Egg Frittata with Spinach, Asparagus & Onions and Gluten-Free English Muffin with Grass-Fed Butter

PRODUCT	WHERE TO BUY	COST	AMOUNT	SERVING SIZE	COST PER SERVING
Archer Farms Organic Cage Free Eggs	Super Target	\$2.29	12 eggs	3 eggs	\$0.36
New Star Organic Spinach	Costco	\$3.99	1 lbs.	0.5 cup	\$0.20
Organic Asparagus	Whole Foods	\$3.99	1 lb.	2 oz.	\$0.50
Organic Onions	Whole Foods	\$1.99	1 lb.	2 oz.	\$0.25
Grass Fed Butter	US Wellness Meats	\$9.30	1 lb.	½ Tbsp.	\$0.15
Food for Life Gluten Free English Muffin	Whole Foods	\$5.49	6 whole	½ muffin	\$0.46

MEAL COST PER SERVING**\$1.91****Lentil Soup & Crispy Zucchini Latkes**

PRODUCT	WHERE TO BUY	COST	AMOUNT	SERVING SIZE	COST PER SERVING
Eden Organic Green Lentils	Amazon	\$16.52	6-6oz.packages (36 oz. dry/108 oz cooked)	4 oz. cooked	\$0.61
Organic Zucchini	Whole Foods	\$2.99	1 lbs.	0.5 cup	\$0.20
Organic Onions	Whole Foods	\$1.99	1 lb.	2 oz.	\$0.25
Archer Farm Organic, Cage Free Organic Eggs	Super Target	\$2.29	12 eggs	1 egg	\$0.18
Nutiva Organic Coconut Oil	Amazon	\$41.38	108 oz./216 Tbsp.	1 Tbsp.	\$0.19
Organic Spices + Lemon	ESTIMATE	-	-	-	\$0.20
MEAL COST PER SERVING					\$1.63

Herb-Roasted Whole Chicken, Sweet Potato Mashers & Green Beans

PRODUCT	WHERE TO BUY	COST	AMOUNT	SERVING SIZE	COST PER SERVING
Grassland Poultry Whole Free Range Chicken	Grassland Poultry	\$117.50	20 lbs.	4 oz.	\$1.47
Organic Sweet Potatoes	Whole Foods	\$2.49	1 lb.	4 oz.	\$0.62
Bybee Foods Organic Green	Costco	\$6.19	5 lb.	2/3 cup	\$0.25

Beans					
Grass Fed Butter	US Wellness Meats	\$9.30	1 lb.	½ Tbsp.	\$0.15
Organic Spices	ESTIMATE	-	-	-	\$0.10
MEAL COST PER SERVING					\$2.59

Grass-Fed Chili & Baby Spinach Salad with Cumin-Lime Vinaigrette					
PRODUCT	WHERE TO BUY	COST	AMOUNT	SERVING SIZE	COST PER SERVING
Grass Fed Beef – 75% Lean	US Wellness Meats	\$5.62	1 lbs.	4 oz.	\$1.40
Eden Organic Red Kidney Beans	Whole Foods	\$25.28	12-15 oz cans(180 oz)	2 oz.	\$0.28
Muir Glen Organic Diced Tomatoes	Amazon	\$21.05	12-14.5 oz. cans (174 oz.)	2 oz.	\$0.24
Organic Spices + Oil + Vinegar	ESTIMATE	-	-	-	\$0.30
New Star Organic Spinach	Costco	\$3.99	1 lbs.	0.5 cup	\$0.20
MEAL COST PER SERVING					\$2.42

Sesame Seared Scallops with Miso Soup with Simple Veggie Stir Fry					
PRODUCT	WHERE TO BUY	COST	AMOUNT	SERVING SIZE	COST PER SERVING
Patagonian Sea Scallops	Super Target	\$7.99	1 lbs.	4 oz.	\$1.99
Eden Foods Organic Genmai Miso	Amazon	\$8.51	12oz.	0.5 oz.	\$0.35

Organic Cabbage	Whole Foods	\$1.99	1 lb.	2 oz.	\$0.24
Organic Carrots	Whole Foods	\$1.99	1 lb.	1 oz.	\$0.12
Organic Onions	Whole Foods	\$1.99	1 lb.	1 oz.	\$0.12
Sesame Seeds + Oil + + Tamari	ESTIMATE				\$0.35
MEAL COST PER SERVING					\$3.17

Grass-Fed Beef Meatloaf, Roasted Brussels Sprouts & Garnet Yams with Ghee					
PRODUCT	WHERE TO BUY	COST	AMOUNT	SERVING SIZE	COST PER SERVING
Grass Fed Beef – 75% Lean	US Wellness Meats	\$5.62	1 lbs.	4 oz.	\$1.40
Organic Shredded Carrots	Whole Foods	\$1.99	1 lb.	1 oz.	\$0.12
Organic Onions	Whole Foods	\$1.99	1 lb.	1 oz.	\$0.12
Organic Celery	Whole Foods	\$1.99	1 lb.	1 oz.	\$0.12
Organic Spices + Organic Ketchup	ESTIMATE				\$0.35
Organic Brussels Sprouts	Whole Foods	\$3.49	1 lb.	2 oz.	\$0.44
Organic Garnet Yams	Whole Foods	\$2.49	1 lb.	4 oz.	\$0.62
Pure Indian Foods Grass-Fed Ghee	Pure Indian Foods.com	\$29.95	28.8 oz./62 Tbsp.	½ Tbsp.	\$0.24
MEAL COST PER SERVING					\$3.41

“Abuelita” Shredded Chicken and Organic Refried Pinto Beans with Salsa & Avocado					
PRODUCT	WHERE TO BUY	COST	AMOUNT	SERVING SIZE	COST PER SERVING

Greenwise Organic Chicken Breasts	Publix	\$5.99	1 lbs.	4 oz.	\$1.50
Muir Glen Organic Salsa	Amazon	\$56.00	192 oz.	2 oz.	\$0.58
Eden Organic Refried Pinto Beans	Amazon	\$32.33	12-16 oz. cans (18 cups)	1/2 cup	\$0.89
Haas Avocado	Local Market	\$1.00	1 small	½ small	\$0.50
Organic Spices	ESTIMATE				\$0.15
MEAL COST PER SERVING					\$3.49

Turkey Bolognese over Miracle Noodle Spaghetti & Spicy Broccoli Rabe					
PRODUCT	WHERE TO BUY	COST	AMOUNT	SERVING SIZE	COST PER SERVING
Pasture Raised Ground Turkey	US Wellness Meats	\$6.75	1 lbs.	4 oz.	\$1.69
Muir Glen Organic Diced Tomatoes	Amazon	\$21.05	12-14.5 oz. cans (174 oz.)	2 oz.	\$0.24
Miracle Noodle Fettuccini	Amazon	\$15.49	7-6oz. Pouches (42 ounces)	2 oz.	\$0.74
Broccoli Raab	Local Market	\$3.99	2 lb./32 oz.	3 oz.	\$0.37
Organic Spices + Olive Oil + Garlic	ESTIMATE				\$0.25
MEAL COST PER SERVING					\$3.29

Green-Shell Mussels Fra Diavolo, Miracle Noodle Fettuccini & Broccoli Rabe					
PRODUCT	WHERE TO BUY	COST	AMOUNT	SERVING SIZE	COST PER SERVING
Sanford Green-Lipped Mussels (New Zealand)	Publix	\$6.99	2.2 lbs (with shells) - 4 servings	0.5 lb. with shells	\$1.75

Muir Glen Organic Diced Tomatoes	Amazon	\$21.05	12-14.5 oz. cans (174 oz.)	2 oz.	\$0.24
Miracle Noodle Fettuccini	Amazon	\$15.49	7-6oz. Pouches (42 ounces)	2 oz.	\$0.74
Broccoli Raab	Local Market	\$3.99	2 lb./32 oz.	3 oz.	\$0.37
Organic Spices + Olive Oil + Garlic	ESTIMATE				\$0.25
MEAL COST PER SERVING					\$3.35

Primal Protein Brownies

PRODUCT	WHERE TO BUY	COST	AMOUNT	SERVING SIZE	COST PER SERVING
Tropical Traditions Coconut Flour	Amazon	\$9.99	2.2 lbs/35.2 oz/70.4 Tbsp	6 Tbsp.	\$0.55
Organic Eggs, Cal Maine Foods	Super Target	\$2.29	12 eggs	6 eggs	\$1.14
NOW Organic Natural Cocoa Powder	Amazon	\$34.19	48 oz	7 Tbsp	\$1.24
Nutiva Organic Coconut Oil	Amazon	\$41.38	108 oz./216 Tbsp.	7 Tbsp.	\$1.34
ZSweet	Amazon	\$27.69	3 lbs/48 oz/96 Tbsp	8 Tbsp	\$2.32
DESSERT COST (12 Servings)					\$6.59
DESSERT COST PER SERVING					\$0.55

References

¹ Average fast food cost for a family of four is \$16 or \$4/serving. Anna Martin, Nutrition, Family and Consumer Sciences, Advisor, at the University of California

² Savings on food not wasted

³ Centers for Disease Control and Prevention. [Chronic Disease Overview](#).

⁴ Processed Foods to Blame for Obesity and Chronic Disease, healingsearch.com, <http://news.bbc.co.uk/2/hi/health/2814253.stm>

⁵ *Fast Food Nation*, Eric Schlosser, p. 120

⁶ Hyman

⁷

<http://online.wsj.com/article/SB10001424052748703652104576121852134742690.htm>
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⁸ US Dept of Ag, Ag Economic Research Service

⁹ US Dept of Ag, Ag Economic Research Service

¹⁰ US Dept of Ag, Ag Economic Research Service

¹¹ http://www.fmi.org/facts_figs/?fuseaction=superfact

¹² NY Daily News: Frozen Vegetables Are More Nutritious Than Fresh, Study Says; March 5th, 2010.

¹³ Supermarket Psychology: How Your Grocery Store Entices you to Spend More
Kelleigh Lewis on March 21, 2011

¹⁴ Supermarket Psychology: How Your Grocery Store Entices you to Spend More
by Kelleigh Lewis on March 21, 2011