



David Fairlamb

THE FIT FACTOR

LIFESTYLE CHANGE

Keep a food diary for all the family and together you can help to improve each other's health, leading to a happier and more positive house environment.

FITNESS TIP

Whilst it's one thing to change your food habits, why not go that step further and reassess your exercise regime to something that you enjoy? This will give you a double boost towards your physical and mental health.

Don't miss David's tips every Saturday in your Journal

EATING healthily with less processed food on a budget is not only achievable but also beneficial for your overall wellbeing.

By making thoughtful choices, planning meals, and being mindful of expenses, you can maintain a nutritious diet without breaking the bank.

Here are some tips to help you:

Plan your meals

Take some time each week to plan your meals and create a shopping list. This will prevent impulse purchases and ensure that you only buy what you need. Having a well thought out meal plan will also reduce food waste and save money in the long run.

Buy wholefoods in bulk

Whole grains like rice, oats, quinoa, legumes such as lentils, beans, and chickpeas are nutritious and cost-effective. Buying them in bulk can lead to substantial savings and will last for multiple meals.

Prioritise seasonal produce

Seasonal fruits and vegetables are

not only fresher and tastier but also more affordable. Local farmer markets and community green grocers are excellent places to find lower prices.

Utilise frozen produce

Frozen fruits and vegetables are a great alternative to fresh produce, and they can often be cheaper. They retain their nutrients and have a longer shelf life, reducing the risk of spoilage.

Cook in batches

Preparing meals in larger quantities can save you time and money. Try cooking a big batch of soups, stews, or casseroles, and freeze individual portions for future meals.

*Every new day
is another chance
to change
your life*

**Motivational quote
of the day**

Limit meat consumption

Meat can be expensive, so consider reducing your consumption or using it as an ingredient rather than the main focus of the meal. Try alternatives like tofu, tempeh, and edamame to stretch your budget.

Avoid sugary drinks

These can be costly and detrimental to your health. Try to stick to water, which is not only inexpensive but also essential for your body.

Make homemade snacks

Instead of buying packaged snacks, try making your own. Options like air-popped popcorn, roasted seeds, or fruit and nut mixtures can be healthier and more affordable.

Compare prices and brands

Take time to compare prices and consider store brands or generic alternatives. Often, they offer similar quality but at a lower cost than name brands.

Limit eating out

Restaurant meals and takeaways can be costly and tend to be less



healthy than homemade options. Save dining out for special occasions.

Use leftovers

Don't let leftovers go to waste. Get creative and make new dishes or

use them for lunch the next day.

Educate yourself

Learn more about nutrition and cooking to maximise the value of your groceries and make sensible choices when shopping.