



Lifestyle Letter

Wellness News

Budget-Friendly Guide to Healthy Cooking

How to stretch your grocery dollar and make tasty recipes at home.

Food is a big part of any household budget and fixing healthy recipes that taste good can seem like a challenge. With good nutrition as your first priority, you can plan your meals in advance and bargain hunt for meals that are rich in taste but low in cost. Here's how to get started.

Start by carefully thinking about your menu, make a plan and stick to it. You can save money by buying discount foods in bulk, and eliminating what you really don't need or eat. A great example of a healthy budget food is beans. Beans are a great source of protein and fiber. You can add beans to a salad or other recipes and have a meal that is both healthy and filling.

Try these other tips when shopping:

Eliminate junk foods. Soda, processed foods, desserts, and prepackaged meals tend to be more expensive and less healthy. Cross them off your list.

Buy in bulk. Dried beans, and brown rice are cheaper bought in bulk. Stock up, when possible, as these items have a long shelf life and are good to have handy when looking for a quick healthy meal.

Buy frozen produce. Frozen fruits and vegetables retain their nutrients better than those that linger in your refrigerator bins, which can rot quickly, especially if the produce is not in season. While it is preferable to eat fresh produce that's in season,

frozen fruits and vegetables are a good alternative during non-growing seasons.

Think about alternate sources of protein. Protein is an important part of many healthy recipes, but meat is often your most expensive grocery item. Alternate sources of less expensive proteins include chicken, fish, beans, eggs and lentils.

3 Musts for Cooking on a Budget:

1. Cook less and get more meals.

One-pot dishes like soups, casseroles and stews can be made in advance and used for more than one meal. Buy ingredients in bulk and double the recipe if necessary.

Turn leftovers into new meals. Adding a new ingredient like beans, meat or cheese to a leftover can give it new life. You can also freeze leftovers and enjoy your meal again next week.

Make your own desserts.

Baking your own desserts is much cheaper than store-brought desserts and you control the ingredients. You can make healthy recipe desserts by using 100 percent fruit juices to make popsicles, freezing fruit, creating parfaits with yogurt, or mixing up a fruit smoothie.

Keep in mind there are some foods worth spending extra money on. When buying meat, you're better off with grass fed beef and free range chicken. Compromise by buying smaller cuts and adding more vegetables. Fish is another example. Fresh fish is expensive, but the nutritional value to your diet is well worth the higher price.



Be Fit.

Burn More Calories Walking

You don't have to be a professional athlete to reap the benefits of interval walking. In this form of exercise you alternate bursts of fast, intense walking with periods of slower and less-intense walking to allow your body to recover. By doing interval walking for about 20 minutes every other day, you can shift your metabolism into high gear so that you burn more calories and fat than if you were working out for 40 minutes at a steady pace.

With interval walking, the higher the intensity of the exercise, the longer the afterburn; that is, you will continue to burn more fat and calories even after you stop exercising! Below are tips to help you get the most out of your interval-walking session:

1. Wear shoes that will give you proper support, such as walking shoes, cross-training shoes, or running shoes. Avoid cotton socks and choose synthetic sock instead; these will wick away moisture and keep your feet dry and blister-free.
2. Begin each session with a short walk at a slow or moderate pace. This allows your muscles to warm up before you start doing your intervals.
3. Maintain good posture while walking. Tighten your abdominal and keep your chest lifted and your chin parallel to the ground.
4. With each step, strike the ground from heel to toe and feel your glutes contract.
5. Remember that doing something is better than nothing. Start slowly, then gradually increase your periods of intensity and total distance.

Think Well.

Natural Pain Relief

Pain can impact the entire body, from your joints and back of your head and hips, often making even the simplest movements difficult. In addition to regular **chiropractic care**, these alternative therapies offer a natural approach to pain relief.

Acupuncture. This technique is widely used for pain relief. It's thought that one way acupuncture relieves pain is by increasing the release of feel-good chemicals called endorphins, which block pain.

Massage. Massage also relieves pain by releasing endorphins. Additionally, massage can increase your range of motion in the joints.

Mind-Body Techniques. These approaches, such as meditation, can allow people to relax tense muscles, reduce anxiety, and alter their mental states. A variety of mind-body therapies, including progressive muscle relaxation, autogenic training, and cognitive-behavioral therapy are proven treatments for chronic pain.

Eat Right.

Roasted Chicken Tenders with Peppers and Onions

Ingredients

- 1/2 teaspoon lemon zest, freshly grated
- 3 tablespoons lemon juice, fresh
- 2 tablespoons garlic, finely chopped
- 2 tablespoons oregano, fresh, finely chopped, or 1 teaspoon dried
- 1 pounds chicken tenders
- 1/2 medium onion
- 2 tablespoons oil, olive, extra virgin
- 3 cloves of garlic
- 1 medium pepper, red, bell, seeded and thinly sliced
- 1/2 teaspoons salt

Preparation

Preheat oven to 425°.

Whisk lemon zest, lemon juice, garlic, oregano, oil, and salt in a 9-by-13 inch glass baking dish. Add tenders, bell pepper and onion; toss to coat. Spread the mixture out evenly; cover with foil.

Bake until the chicken is cooked through and no longer pink in the middle, 25 to 30 minutes.

Makes 4 servings.

Per Serving: Cal. 172., Sat Fat. 1g, Fiber 1g, Carbs. 6g, Protein. 19g., Total Fat 7g.

Be sure to visit "My CreatingWellnessSpace" for more recipe ideas!