



Nutritional Bang For Your Buck

I can't tell you how many times I've heard that "a plant-powered lifestyle is too expensive for most people to maintain."

I call BS on that misconception. If we eat in season and focus on whole-foods, I can assure you ***it's a lot cheaper and healthier*** than eating a flesh-based lifestyle. It's known as a poor man's diet for a reason. Plants are also what many 2nd and 3rd world countries are able to survive on it.

Meat is a symbol of wealth and status—it has been for centuries. It's so deeply ingrained in our psyche that it takes a large number of us preaching the health benefits of reducing or eliminating animal products just to make a small dent in the overall planetary consumption. Meat can run \$2-10/lb and that's not even organic. This is what I think of when I'm told plant foods are more expensive. I've been on very tight budgets and was an organic, plant-powered chef for nearly a decade. I know the costs of animal products, including the cost to our planet.

To show you just how easy it can be, I've listed a variety of plant-powered foods and their price range. When you see *, please make sure to purchase this food organically, as it is one of the Dirty Dozen (highest chemical concentration). The pricing takes purchasing organic into consideration. Buying frozen options can reduce costs as well.

In addition, I've listed these foods in order of how nutrient-dense their profile is. You can now budget for optimal wellness. I've even listed the season in which they are readily available. Buying in-season saves you money AND the planet. Buying local means fewer greenhouse emissions from large trucks delivering food. It also reduces or eliminates the need for chemical cocktails that keep our produce at just the right ripening level.

Produce shouldn't require fancy math formulas so it can be picked early, sprayed to ripen in x-number of days while on a truck, with even more chemicals sprayed on it to keep it from ripening further when it gets to the store.

Food shouldn't be complicated. We shouldn't be lab rats in a science experiment for Corporate Greed. Here's how you can fight back and reclaim your health on a budget!



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Food	Cost	Meal Suggestions	Season
Dark, leafy greens (<i>spinach*</i>)	\$5/lb	Kale chips, salads, smoothies	Spring, Fall
All other green vegetables (<i>celery*, zucchini*</i>)	\$3-5/ea	Salads, sautés, soups, vegetable broths	All
Mushrooms	\$3/ea	Salads, sautés, soups	Spring
Beets, bell peppers*	\$3-5/lb	Salads, sautés, soups	Spring/Winter
Onions, garlic	\$3	Salads, sautés, soups	Spring/Winter
Carrots	\$1/lb	Salads, sautés, soups, vegetable broth	Winter
Cruciferous (<i>e.g. Broccoli, cabbage, cauliflower, Brussels</i>)	\$1-3/lb	Salads, sautés, soups (<i>best when lightly steamed, try to avoid raw</i>)	All
Eggplant	\$1-2/lb	Salads, sandwiches, sauces	Summer/Fall
Sprouts	\$3-4/ea	Salads, sandwiches, raw soups	Spring
Tomatoes*	\$3-5/lb	Salads, sandwiches, sauces	Winter
Artichokes/artichoke hearts (<i>pricing is ea fresh/canned unit</i>)	\$3-4/ea	Salads, grain dishes, snacks	Summer
Berries*	\$3-6/lb	Fruit bowls, banana ice creme topper	Spring/Summer
All other fruits <i>Apples*, grapes*, pears*, nectarines*, peaches*</i>	\$1-3/ea or per lb	Fruit bowls, oatmeal, smoothies	All
Beans (<i>1 lb = 2 c dried = 6 c cooked</i>)	\$1-3/lb	Burgers, dips, dressings, soups	Fall/Winter
Raw nuts & seeds	\$6-10/lb	Raw crackers, cheezes, salad toppers	Winter
Colourful starchy veggies	\$1-3/lb	Roasted salads, smashed, soups	Fall/Winter
Whole grains	\$2-5/lb	Breakfast, lunch, dinner – the options are truly endless with grains!	All
Potatoes*	\$1.5/lb	Roasted salads, smashed, soups	All