

Eating Keto on a Budget

HOW TO FOLLOW A KETO DIET WITHOUT BREAKING THE BANK



Homemade Is Likely Cheaper

Foods marketed as “keto” such as shakes, energy bars, fat bombs, frozen meals, and desserts may seem like a dream come true. However, these convenience foods often come with a hefty price tag and sometimes are not truly keto-friendly. Keep in mind the term “keto” is not regulated so manufacturers can label any product “keto” without any oversight or regulation. So ditch the convenience products and make it yourself for cheaper. For example, almond butter, guacamole, salad dressings, almond flour, and keto friendly crackers/cookies are easy to make at home. Before buying a “keto” product, ask yourself “Can I make this at home for cheaper?”

Don't Fall Into the Name Brand Trap or Be Fooled By Marketing Ploys

Many keto recipes and meals use brand-name ingredients but purchasing the equivalent store brand or generic brand can save you money. As the keto diet becomes more popular, an increasing number of products are being touted as superior with claims to strengthen ketosis or provide extra energy. In most cases, a cheaper equivalent may work just as well. Be sure to always look closely at the ingredient list and compare brands to assure you aren't paying for extra hype!

Fresh Isn't Always Better Than Frozen or Canned

This tip is especially true in the winter when fresh produce may be expensive, out of season, and hard to find. Frozen fruits and vegetables are available year-round at a lower cost and are acceptable on the keto diet. Canned vegetables may be okay to use but read the label to ensure there are no additives other than salt. Avoid canned fruits due to the added sugar content, which makes them a poor choice.

Food Prep Is Key

The number one way to prevent food waste is food prepping and meal planning in advance. Choose meals that have similar ingredients for the week to avoid having spoiled ingredients. Choose 2-4 dishes (1-2 lunches; 1-2 dinners) with the same base to make for meals which is more cost effective than making a different dish every day. Make large enough portions so you have leftovers. Remember, if you make a large batch of something, many meals are easily freezable.

Utilize Coupon Apps

Many keto meals and recipes use brand-name products due to their lower carbohydrate content. Unfortunately these products are often more expensive. The good news is that Ibotta and other coupon apps have discounts on numerous brand-name products! All you have to do is sign up, add the offers to your account, and take a picture of your receipt to redeem rewards. Some apps allow you to link your local grocery store's loyalty card to automatically receive discounts. While coupon apps may seem like a hassle initially, once you incorporate them into your grocery shopping routine it will seem like second nature.

Stock Up Smartly

Shop the deals and buy in bulk on frequently used ingredients but make sure it's ingredients you will use before they spoil. To avoid this, perform a pantry and fridge overhaul. To start, take stock of everything you have and throw away anything that's expired. Keep your fridge and pantry clean and organized so you can easily see what is available. Consider keeping a pantry and fridge inventory list for commonly used items.

Build Meals Around Sale Items

Before you decide what to make for the week, peruse your grocery store's weekly ad to see what's on sale. You can then select recipes containing these ingredients to help keep your costs down.

Shop Around

Compare prices on commonly used products. It may be cheaper to buy these types of products on-line, at discount grocery stores, or membership warehouse clubs. There are numerous foods with a long shelf life that can be purchased for cheaper online through websites like Amazon. Don't forget the subscribe and save program that can save you 5-15% on regular shipments.

Items to Buy in Bulk

- Almond Flour
- Coconut Flour
- Flaxseed Meal
- Coconut Oil
- Avocado/Olive Oil
- MCT Oil
- Stick Butter
- Nut Butters
- Nuts/Seeds
- Olives
- Sausage
- Bacon
- Pork Rinds
- Canned Coconut Milk
- Unsweetened Nut Milks
- Frozen Vegetables
- Frozen Fruits
- Canned Vegetables



Before You Shop

- Look to see what you already have available.
- Review weekly store ads,
- Clip coupons in advance.
- Plan a weekly menu.
- Prepare a grocery list.
- Comparison shop to see which stores have the best prices.
- Don't shop when hungry to avoid impulse buys.

Unloading & Putting Away

- Wash and prepare vegetables and fruits for the next few days.
- Pre-slice vegetables for snacks and upcoming meals.
- To avoid food spoilage, re-package foods into smaller containers.
- Portion out and freeze meats in individual servings.
- Store flours and nuts in airtight containers.
- Weigh out/portion ingredients commonly used in meals in small containers that are ready to go.
- Boil eggs in advance for convenience.

More Tips

- Use items that will go bad quickly first (berries, "moist" produce, fresh meat).
- Freeze fresh produce if it will go bad.
- Prepare and pre-portion sauces.
- Keep nuts/seeds in the refrigerator/freezer to prevent rancidity.
- Always have common shelf stable items available.
- Utilize shelf stable items as much as possible such as almond milk or canned coconut cream versus refrigerated almond milk or heavy cream.
- If you want to try something new, ask the company for a sample or wait for it to be on sale.
- Use whole foods vs pre-packaged items.
- Compare labels and cost between store brand and name brands.
- Use conventional versus organic products.

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Grocery List

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FRUITS & VEGGIES:

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FROZEN FOODS:

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CANNED GOODS:

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MEAT & SEAFOOD:

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- T** _____
- W** _____
- T** _____
- F** _____
- S** _____