



Premier Medical's The Skinny Minute

May/June 2025

Budget Bites

HealthWise
**\$1 OFF Vanilla
Meal Replacements**

**Nature's Multivitamins
Short-Date Sale
\$6 (including tax)
\$8 OFF! * BB 06/25**



Premier Medical

WEIGHT LOSS & WELLNESS

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Viewing grocery ads can be very stressful these days. But, a healthy diet doesn't have to be expensive. In fact, some healthy foods are cheaper than processed junk foods.

The easiest way to ensure you are buying healthy items is to shop on the outside of the grocery store, avoiding the inner aisles as much as possible. You'll find that almost all grocery stores are designed the same; the produce, meat, and dairy are typically lining the perimeter of the store. These items should make up the bulk of your grocery haul.

In general, some of the least expensive vegetables are broccoli, onions, spinach, sweet potatoes, carrots, and butternut squash. In the fruit department, shop for bananas, oranges, apples, and melons.

Fish, pork, and chicken are usually the most inexpensive meats, but be sure to buy lean and unprocessed

versions. And stock up your freezer when you find a good deal. Most meats can be frozen for up to a year if properly sealed. Invest in a vacuum-sealer! It will quickly pay for itself.

When you make your way over to the dairy section, pick up some cottage cheese and yogurt, which are great sources of protein, calcium, and phosphorus. Both can be topped with fruit and/or nuts for a complete meal that requires absolutely no cooking.

On your way to the checkout line, be sure to grab some beans and lentils; they're super affordable and versatile, and in addition to being a good protein source they also contain a good amount of fiber and iron.

Now you've got everything you need to make the most of your grocery budget while eating clean! Dr. Fabrizio is proud of you. All's well that ends well... As long as you don't forget the dog's food!

