

Paleo Scaleo's

PALEO ON A BUDGET

Yes, eating Paleo can be expensive - but it doesn't have to be. Follow these tips to stay healthy and not break the bank!

- Consult the [Dirty Dozen](#) and [Clean Fifteen](#) lists to find out which produce items contain the most pesticides. Then shop accordingly.
- Think about which items are more likely to have pesticides you'll consume. Things that you peel (think potatoes, carrots, etc) are less important than things you'll eat the soft skins of (think berries). For things you don't eat the skin of, but cut through (think citrus, squash, etc) give it a good scrub on the outside before cutting so you don't pass bacteria and chemicals from the outside to the inside with the knife.
- Don't buy "vegetable wash." It's a marketing scam. Water and vinegar (white or apple cider both work great) as a soak will do exactly the same thing to clean your veggies.
- Sign up for the email lists for your local grocery stores. They'll send you the weekly flyer electronically, and you can keep an eye on what's on sale where. Then, buy what's on sale, and figure out what to make with it after you've bought it.
- Buy in bulk. If you have a dedicated freezer, or have the space for one, do it. It's one of the best investments you'll ever make. You can buy whole or half animals, separated into cuts and pre-packaged for you, at a fraction of the cost of grocery store prices. Yes, you might be paying \$6/lb for stew meat, but you're also paying \$6/lb for filet mignon. If you can't go the freezer route, find some friends to split the animal up between. I promise, you win in the end. Plus you support a local farmer. Win-win!

- Join a CSA, and split it with a friend. I did this for years when I was first starting out. You split the cost of the CSA, and then split the weekly share. Most CSAs give you more vegetables than you can handle in a week, even at the small size.
- Remember that anything you buy in a package, you're paying the price of convenience. Making it yourself will save you so much money in the long run. Yes, there's a bit of prep. But if you set aside a couple of hours a week, you'll pay way less and get way more.
- Make a concerted effort not to throw away food. Even your scraps have good use. I keep a Ziplock bag in my freezer where I store vegetable trimmings (stems, ends, roots of onions, outer skins, etc). Anything I would normally toss goes in there. Then when I make broth (from the bones of a whole chicken I cooked!) I throw the veggie odds and ends in for flavor.