Complementary blog post: 5 Mediterranean Diet Books That Are the Best

Subject: 5 Ways to Eat the Mediterranean Diet on a Budget

(Firstname)

Are you hoping to start the Mediterranean diet but you’re worried about the cost? While it does provide numerous amazing health benefits, this diet isn’t exactly the cheapest available. However, that isn’t to say that it cannot be done on a budget.

Here, you’ll discover 5 ways to eat the Mediterranean diet on a budget you can afford.

1. Stock up on legumes

Did you know there’s approximately 30,000 different legumes? A large part of the Mediterranean diet can be made up of legumes and they actually provide plenty of great benefits. They’re known for being really affordable and one of the best things about them is the fact they make you feel full for hours.

2. Use frozen vegetables

There’s always been a debate on whether frozen vegetables are as good for you as fresh ones, and according to experts, you do get the same level of nutrients in frozen veg. In fact, in some cases they can be healthier due to the fact they are frozen right after they have been picked; sealing in the nutrients. You also won’t need to worry about it going out of date before you can use it up; significantly reducing waste.

3. Buy in bulk

You can buy specific ingredients of the Mediterranean diet in bulk at a discounted price. Spices and grains are just two of the foods you can stock up on at a great price.

4. Take advantage of sales

Grocery stores often have sales on specific foods such as fish, meat and berries. Take advantage of these great prices and then freeze them for later. This can save you a surprising amount of money.

5. Buy things in-season

Foods are usually cheaper when they’re in season. The great thing about the Mediterranean diet is it features foods that are in season all year round. So, you’ll never find it difficult to get hold of the ingredients you need. If you haven’t already, familiarize yourself with which foods thrive in each season.

Once you’ve stocked up on your ingredients, why not check out some delicious recipes. You can find out more about the 5 best Mediterranean diet books in the blog on our website.

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Overall, it’s easy to follow the Mediterranean diet if you use the 5 tips above. You don’t have to pay a fortune to benefit from this heart-healthy diet and following the tips above can save you a significant amount of money.

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