

# THE BEST HEALTHY BUDGET FOODS

## Protein



eggs

0,33 € / serving



canned fish

0,99 € / serving



whole chicken

1,3 € / serving



beef liver

0,75 € / serving

## Carbs



potatoes

0,21 € / serving



oats

0,12 € / serving



brown rice

0,53 € / serving



dry lentils

0,38 € / serving



dry beans

0,28 € / serving

## Fats



sunflower seeds

0,3 € / serving



peanuts

0,12 € / serving



plain full-fat yogurt

0,5 € / serving



butter

0,13 € / serving



olive oil

0,16 € / serving

## Vegetables



cabbage

0,2 € / serving



onions

0,11 € / serving



carrots

0,2 € / serving



beets

0,2 € / serving



frozen spinach

0,25 € / serving

## Fruits



bananas

0,36 € / serving



apple

0,69 € / serving



oranges

0,72 € / serving



melon

0,69 € / serving



frozen berries

0,76 € / serving

# Low Priced Healthy Eating Guide

**G Thomas**



## **Low Priced Healthy Eating Guide:**

## The Enigmatic Realm of **Low Priced Healthy Eating Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Low Priced Healthy Eating Guide** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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