

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

L Darling-Hammond



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