## Eat This, Not That: Affordable Healthy Alternatives

<table>
<thead>
<tr>
<th>Eat This</th>
<th>Why It’s Better</th>
<th>Not That</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bulk spices</td>
<td>Jarred spices can be pricey, especially if you only need a small amount for a recipe. Buying only what you need will help you avoid tossing your money away if it expires before you use it.</td>
<td>Jarred spices</td>
</tr>
<tr>
<td>Canned or dried garbanzo beans (chickpeas)</td>
<td>You can pick up a can of beans for under a dollar, while prepared hummus can run you several. Making homemade hummus helps you save.</td>
<td>Hummus</td>
</tr>
<tr>
<td>Whole chicken</td>
<td>Buying the whole chicken is not only cheaper, but you can also use it to make broth for future use.</td>
<td>Chicken breast</td>
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<tr>
<td>Frozen fruits and vegetables</td>
<td>It has been estimated that produce in local grocery stores travels about 1,500 miles from farm to market. Frozen produce, on the other hand, is typically flash frozen just after harvest, which means it does not lose as many essential nutrients in transit. If that is not reason enough, frozen vegetables are usually a little cheaper, too.</td>
<td>Fresh fruits and vegetables</td>
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<tr>
<td>Plain yogurt</td>
<td>Flavored yogurts have higher amounts of added sugar and/or artificial flavorings. By opting for the plain version, you can add your own natural flavorings</td>
<td>Flavored yogurt</td>
</tr>
</tbody>
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### Bonus Tips:

1. Add a teaspoon of fruit jam, preserves, or lemon curd to your plain yogurt for a boost of flavor. In most cases, you will still end up with less sugar than commercial products.
2. Freeze your homemade chicken broth in ice cube trays for quick and easy use.
3. Keep some canned foods (meats, fruits, soups, vegetables, and beans) on hand for emergencies.
4. Feeling rushed? Cook a whole chicken in an Instant Pot in just around 30 minutes. Plus, you get broth as a bonus!

1. [https://www.100daysofrealfood.com/how-far-does-your-produce-travel/](https://www.100daysofrealfood.com/how-far-does-your-produce-travel/)
Build a Better Budget

While budgeting² is not a favorite pastime for most people, knowing where you stand financially can play a critical role in your wellbeing. Unhealthy spending habits can create a lot of stress, and it can also strain relationships. Maintaining a budget can bring ease and peace of mind.

Whether you are just getting started with the budgeting process or are looking for ways to optimize the one you have, here are a few tips to build a better budget:

- **Calculate your income.** What is coming in? Make a list of all your sources of income—paychecks, stock dividends, retirement or disability benefits, etc.

- **Calculate your expenses.** Where does your money go? Make a list of your expenses, from basic living expenses, like rent/mortgage, utilities, food and transportation, to personal expenses, like those late-night impulse-buys on Amazon.

- **Subtract your expenses from your income.** To assess your spending behaviors, simply subtract your expenses from your income. If you are left with a positive number, you can apply the surplus to paying down debt or shoring up your retirement savings. If you are left with a negative number, it might be time to rethink your spending habits.

- **Give yourself a reality check.** This one might hurt a little, but it is necessary if financial peace is your end goal: calculate all the debt you currently owe and make a plan to reduce (and eventually eliminate) it.

- **Review your budget.** If you are new to budgeting, review your budget at least monthly to monitor your progress. Over time, you may find it is not necessary to check in as frequently.

- **Adjust as needed.** As your life circumstances change, you will probably need to adjust your budget to reflect those changes. As you pay off debt, increase your income, and square up your retirement savings, you will be able to reallocate your resources to other areas.

- **Seek professional guidance.** If you are struggling with the budgeting process, seek guidance from a Certified Public Accountant (CPA), attorney, or financial planner³.

Find a Little “Me” Time During the Workday

It’s 2 o’clock on a Monday afternoon, and you realize you still have 8 hours of work to complete. Does this sound familiar? Some days, it can seem like you spend all your time putting out fires, fielding team questions, attending meetings, and trying to remember what in the world you are working on. Taking time for yourself in the middle of the busy workday might seem impossible at first, but when you consider the benefits that are tied to taking good care of yourself, you might just change your mind.

Whether you call it “me” time or simply taking micro breaks, the evidence is clear that taking periodic breaks helps you think more clearly and solve problems more quickly—not to mention you will probably be more enjoyable to be around.

**There are many ways to schedule in some “me” time during the workday. If taking an extended trip to the bathroom does not sound appealing, consider these 10-minute micro-break ideas:**

- **Take a walk.**
  Go for a walk outside before or after lunch. Walking not only increases endorphins—the “feel good” chemicals that help elevate your mood—but it can also stir up creative energy. Do not be surprised if a solution to a nagging problem comes to you suddenly during your walk.

- **Meditate.**
  Pop in your ear buds, close your eyes, and relax into a quick guided meditation to relieve stress and reconnect with your priorities.

- **Tidy up.**
  Clean up your workspace to get a clearer picture of your workflow. Clearing clutter also clears your mind.

- **Take your blood pressure.**
  Stress can take a serious toll on our physical health. Periodically monitoring certain health parameters, like blood pressure, can give you clues about where to invest more time and energy in your health.

- **Breathe deeply.**
  Practice some deep breathing exercises, especially when you feel overwhelmed or irritated.

- **Try aromatherapy.**
  Essential oils can influence your mood and help you relax, especially when you are feeling stressed. If it does not offend your officemates, rub a drop of scented oil onto your neck or temples and take a few deep breaths.

- **Use a neck wrap.**
  If you are feeling tense, try melting stress away with a heated neck wrap. Warm neck pillows can relax tight muscles, and they can be especially helpful if you sit behind a keyboard a lot.

- **Grab an herbal tea.**
  Need an afternoon pick-me-up? Herbal teas contain less caffeine than coffee and black tea, but it can still give you a nice pick up.

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Curry Hummus

INGREDIENTS
- 2 cups chickpeas/garbanzo beans (cooked)
- 1/4 cup tahini
- 2 large cloves of garlic
- 4 teaspoons mild curry powder
- Juice of half a lemon
- 1 handful cilantro (stalks and leaves are fine)
- 3 tablespoons olive oil
- 3 tablespoons water
- 1 tablespoons maple syrup
- 1/4 cup raisins
- Flaked almonds for decoration (optional)

INSTRUCTIONS
1. Add the raisins to a bowl and cover with water. Set aside.
2. Add all the other ingredients to a food processor, and blend until smooth.
3. Drain the raisins, and add to the hummus. Stir.
4. Top with flaked almonds, if desired.

Total Time (Cook and Prep): 15 minutes
Servings: 4

NUTRITION INFO
(per serving)
- Calories 372
- Total Fat 12.9g
- Cholesterol 0mg
- Sodium 21mg
- Carbohydrate 50.9g
- Sugars 8.6g
- Protein 16.7g

Source:
Navigate Wellbeing Solutions Recipe Library
Courtesy of A Virtual Vegan