

SAVE MONEY WITH KETO



- **Save up to half on your current budget every week!**
- **Keep your keto essentials in stock to keep you on track!**

GUIDE TO SAVING MONEY WITH KETO:

#1 - Start Intermittent Fasting

This sounds like a no brainer or even a trick answer, but this will be the quickest and easiest way to begin saving money with your keto lifestyle. When most people take on a ketogenic lifestyle, the non-stop hunger felt most of their lives starts to disappear. Take advantage of this for the sake of both your waistline and pocketbook, and learn how to intermittent fast! I currently eat only two meals per day, while my husband does alternate day fasting. That is saving nearly half on our food bills right now and we are both healthier and more energetic for it!

To easily begin an intermittent fasting schedule, start limiting your eating window to only 12 hours per day. Do not eat any food outside of this 12 hour window. When your body gets used to this schedule, move it up to 14 hours and then eventually 16 hours per day. Just like that, you will be down to only two meals per day as well, easily cutting $\frac{1}{3}$ of your grocery budget for the week. Not only are you saving money and your health, but you will also have all that extra time you used to spend shopping for extra food, cooking and cleaning. Also, your body is not busy digesting an entire extra meal, so you will increase your energy level and ketone production substantially with this technique.

For more information on how to take your fasting even further than 16 hours per day, check out the podcast Fasting Talk with Jimmy Moore.

#2 - Buy Keto Favorites in Bulk

A membership to your local Costco is worth it's weight in gold. KerryGold! Thankfully Costco sells many high quality, organic keto favorites. Find the ingredients you will be using consistently and stock up at Costco. You won't have to shop as often and you will be well stocked to stick with your healthy lifestyle.

Some of my keto favorites at Costco include:

- KerryGold butter
- Organic Real Butter
- Organic Virgin Coconut Oil
- Organic Riced Cauliflower
- Organic 85% lean beef
- Organic 80% hamburger patties
- Organic chicken breasts and thighs
- Nuts, cheese and deli meat combos
- Organic Heavy Whipping Cream
- Even ziploc bags to store my beloved fat bombs

#3 - Pre-make and Freeze Keto Meals

I make a lot of recipes from The Keto Crock-Pot Cookbook because they are all so tasty and easy! Besides their ease and deliciousness level, many of them are also suitable for freezing as well. The book suggests several different meal combos so you are not bored eating the same dish night after night. Adding different fats and spices to a basic roast can keep it spicy, if that's what you like. I make the pot roast every other week and then turn the leftovers into: basic pot roast with green beans, chipless pot roast nachos and eggs topped with pot roast and guacamole. There are endless combos with such delicious food options!

Make the food, invest in a good food saver system and store! Once again, you will be ready to feast when it is your time to feast. No more fast food temptations for you!

#4 - Make Your Own Spice Mixes

With keto, cooking real food is all about the sauces and the flavors you can add to make your everyday meals the most delicious, satisfying food you have ever eaten. Stocking up on spices in bulk and then making your own mixes is one of the easiest ways to do this. Buying the spices you use most in bulk will save you money in the long run over those one use spice packets. Not only that, but have you checked the ingredients on those packets lately? How many ingredients on the list can you pronounce? Ditch the chemicals and preservatives and make your own tasty mixes from scratch. Store in a decorated mason jars for even more appeal.

I commonly make my own ranch seasoning, taco seasoning and onion soup mix. I decorate the jars with ribbons and photo stickers to use as personalized gifts.

#5 - Mix and Match Your Meals

Don't buy an ingredient for a single recipe and then let the remainder sit in your cabinets, only to expire. Find ways to mix and match your meals. Some of my favorite sauces to add to a variety of foods are creamy garlic pesto sauce, creamy garlic sauce, keto BBQ sauce and avocado mayo. I make these sauces in bulk and then use them throughout the week to create various food combinations. Would you ever think to add creamy garlic sauce or BBQ sauce to eggs? Well I do and they are both absolutely restaurant quality meals!

6 - Quit Buying Processed Junk Food

Just because a company makes a product and slaps a low carb or keto label on the food does not make it healthy for you. These foods are expensive and a lot of them still contain the same kinds of junk that will keep you just as unhealthy as their higher carb counterparts. Stick with real food as much as possible. Check out the local farmers market. Shop the outer aisles at your local grocery store. They all have real foods that your body is designed to digest. Not only

will you be saving money purchasing the real food option now, you may also be saving money on future health costs by feeding your body what it is already designed to digest.

Eat. Real. Food.

#7 - Quit Buying Diet Soda

Not only is buying diet soda wrecking your food budget, it is wreaking havoc on your health efforts as well! The first rule of keto club is to lower your insulin level. Most artificial sweeteners are not only raising your insulin levels, but they are also confusing your body by not supplying the nutrition your body is expecting with this insulin spike. The sweeteners used in diet soda are associated with increased risk of diabetes, strokes, migraines, weight gain, depression and bone loss, just to name a few.

Your body is designed to drink water. Water is everywhere and is relatively cheap, sometimes even free! Reacquaint yourself with water. Become friends with water again. Water really misses you. Also, as much as possible, avoid bottled water - for the high prices, as well as for your health.

#8 Order Keto Essentials Online

I'm a mom. I have two small children. Moms with two small children do not get to leave the house often. I find a lot of my keto essentials at online marketplaces like Amazon or [Thrive Market](#). Some keto items, such as almond flour, are actually cheaper on Thrive. Also, you can add a monthly subscription service to save even more money. Then these keto essentials just appear at your door every single month. It's like magic! Delicious, keto magic thanks to Thrive Market.

If you are not yet a member, check out [Thrive Market](#). If you click through my link, you will save 25% off your first order and receive free shipping. You will also get a 30 day free trial membership.