

# THE DIET CHEATSHEET

DIETING ON A BUDGET MADE EASY

## 1. DECIDE ON A GOAL

SIMPLY DECIDE ON WHETHER YOU'D LIKE TO MAINTAIN, GAIN OR LOSE WEIGHT. MAYBE YOU JUST WANT TO LOSE THAT BELLY FAT!

## 2. DECIDE ON A WEEKLY BUDGET

BASED ON YOUR FINANCES, PLAN A WEEKLY LIMIT FOR GROCERIES. DON'T GO OVER BECAUSE WE'RE TRYING TO STAY BUDGET CONSCIOUS

## 3. DECIDE ON MEALS

MEALS CAN BE DIFFICULT TO CHOOSE. HOWEVER, YOU WILL WANT TO HAVE A HEALTHY BALANCE OF MEATS, FRUITS AND VEGETABLES.

## 4. LOOK FOR SALES ONLINE OR IN YOUR NEWSPAPER

NEVER UNDERESTIMATE THE POWER OF A SALE OR COUPONS. THIS CAN DRASTICALLY REDUCE YOUR SPENDING AND GET YOU ALL THE INGREDIENTS YOU NEED.

## 5. MEAL PREP FOR THE WEEK

ONCE YOU'VE DECIDED ON THE MEALS, YOU CAN START COOKING. COOK FOR THE WHOLE WEEK. THIS WAY, YOU CAN USE ALL YOUR INGREDIENTS, HAVE LEFT OVERS, STAY WITHIN YOUR CALORIE RANGE, AND YOU WON'T HAVE TO COOK FOR A WEEK.



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## THINGS TO REMEMBER

### 1. CHECK

DON'T FORGET TO CHECK WHAT YOU ALREADY HAVE. DOING THIS CAN SAVE YOU A CONSIDERABLE AMOUNT OF MONEY.

### 2. USE A CALCULATOR

WHEN DECIDING YOUR GOAL, MAKE SURE YOU USE A CALORIE CALCULATOR. THIS WAY YOU WILL KNOW EXACTLY HOW MUCH YOU SHOULD BE EATING DAILY

### 3. TRY NEW THINGS

MEAL PREPPING AND BEING ON A DIET CAN BE BLAND. CHANGE IT UP SOMETIMES! HOWEVER, NOT AT THE EXPENSE OF YOUR BUDGET

### 4. MAKE SAVING & DIETING EASIER

WHEN FINDING COUPONS AND SALES, DON'T BE AFRAID TO USE YOUR PHONE. APPS LIKE YOWZA, CHECKOUT51 & MYFITNESSPAL WERE MADE FOR THOSE WHO LIKE TO SAVE + STAY FIT!

### 5. PLAN WHICH DAYS GET WHAT MEAL

ONCE YOU'VE DECIDED ON THE MEALS, YOU CAN START COOKING. DECIDE WHICH DAY GET WHICH MEAL SO YOU CAN HAVE VARIETY AND NOT GET BORED EASILY. ALSO, YOUR BODY NEEDS VARIETY, CHANGING UP YOUR MEAL DAYS WILL OFFER THAT TO SOME DEGREE

