



Eating Healthy On A Budget

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Many would argue that healthy eating is expensive. This presentation offers solutions to mitigate this myth, with clever tips on making healthy consumption choices with minimal spend.

Content includes:

- Meal Planning & Meal Prepping Ideas
- Home gardening solutions – balcony, kitchen, window, sun-room, patio, courtyard
- Home cooking solutions – MYO (Make Your Own) Veggie Burgers, Milk, Nut Butter, Chocolate, Energy Bars
- Happy hour shopping & couponing
- Bulk Buying
- Supermarket vs. food cooperatives vs. local produce market

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.