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Eating Healthy On A Budget: A How-To Guide



Synopsis

Trying to eat healthy, but you're on a budget? Are you trying to stretch your grocery dollars? Well, you're not alone. Everyone knows that fresh fruits and vegetables can be a lot more expensive. This book will help show you how to maximize your money without ruining your healthy diet plan. In this book, Dr. Duc Vuong, an internationally renowned weight loss surgeon, and the world's leading expert in patient education, provides you with many numerous, practical, and easy tips on how to do just that! Topics include: how to budget, meal planning, how to grocery shop without wasting time or money, how to store left overs, how to coupon, how to use social media groups to find deals, socializing on a budget, and simple ways to raise your supplemental income. This book covers it all!

Book Information

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Cookbooks, Food & Wine

Customer Reviews

Dr. Vuong is a bariatric surgeon with a holistic practice. He doesn't just perform surgery, he educates, supports and guides his patients through all the hurdles they may face on their journey to health and wholeness. This little book is a step-by-step dismantling of many of the excuses offered

in defense of poor eating habits. "I don't really cook; I don't know how to shop; I'm too busy and fast food gives me a quick and convenient way to feed myself". Dr Vuong, through easily digested lists, provides the basic outlines needed to break through those barriers and get you on the right path. He even includes a section at the end on how to supplement your income if your excuse is that healthier foods cost more money. I rated the book 4 out of 5 because it could be improved with expanded narrative to flesh out and explain more for those who have not read his previous books or may not be familiar with his core concepts. Dr. Vuong is highly accessible through Periscope and Facebook. This book is an excellent bridge between those short online posts and his longer works that may be intimidating to someone beginning the journey.

Dr V is a sensible, practical advisor providing great tips to live a healthy life on a budget. Check out his social media content for more great ideas and inspiration.

This book is full of helpful common sense advice for living a healthy lifestyle

Awesome book

This book is amazing for everyone. Not only are there tips on how to eat and shop healthy there are great tips on how to make extra cash. Dr. Vuong has so much to offer to anyone who will give them their time. All around you can't help but be a better person...

I love this book. It showed me ways to shop onna budget which I am on. And how to still stay healthy with my choices. I highly recommend this book to everyone, not just his patients. He is such a wonderful doctor. He's patients are so Blessed to have him.

This book is full of helpful common sense advice for living a healthy lifestyle, period. An easy read to keep on hand for learning how to budget for your health. WRITE IT DOWN!!! Love it!

This is a awesome book that makes you realize who easy it is to eat healthy on a budget. Always remember you are worth it.

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