

Estrogen Reset **LIVE**

Budget-Friendly Substitution Guide

Starting a meal plan can feel expensive. Your first grocery bill may be higher than you're used to as you stock up on new ingredients and pantry staples, but your take-out bill at the end of the month will be much lower (maybe even \$0). And remember - an investment in your health now can prevent greater health costs down the road.

Still, we know many of you may be shopping on a budget, so we've put together some of our favorite ways to save money and time.

We hope they are helpful to you during this program!

Online Shopping & Delivery

Thrive Market - This is a great option to order healthy groceries and pantry staples online.

All Things We Love - You can find some of our favorite products on the Hormones Balance website - with discounts just for this community.

Imperfect Foods or Misfits Market - Delivery services for groceries that are still high quality, but didn't quite make the cut for the grocery store.

Market Wagon - Shop directly from local farms for delivery in and around the Midwest. Enter your zip code [here](#) and see if they deliver in your area.

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Buy in Bulk

We recommend buying the following in bulk to save big:
Nuts, seeds, animal products, root vegetables, oils/ghee, and herbs.

Bone Broth

Making your own bone broth, while more cost-effective, can be time-consuming and you may have limited fridge/freezer to store big batches. We love [Broth Masters](#) for delicious bone broth delivered right to our door in easily portioned packages.

Fruits and Vegetables

Shopping organic - You don't need to shop all organic produce, but we do recommend following the [Dirty Dozen](#) (organic whenever possible) and [Clean Fifteen](#) (non-organic is okay) EWG guides.

Frozen - The nutritional value between fresh and frozen fruits and vegetables is minimal, and the price can often be lower. Shop frozen if this will support you in meal preparation.

Staggered Shopping

Instead of buying everything at once, take advantage of the 2-week prep period to purchase pantry staples in advance.