

The book was found

# 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

File Size: 4078 KB

Print Length: 53 pages

Publisher: HappyStance Publishing (May 16, 2016)

Publication Date: May 16, 2016

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01FRNKIMY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #93,159 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #42

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Food

Counters #47 in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Teen &

Young Adult #67 in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) >

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.

[Download to continue reading...](#)

Clean Eating: 365 Days of Clean Eating Recipes (Clean Eating, Clean Eating Cookbook, Clean Eating Recipes, Clean Eating Diet, Healthy Recipes, For Living Wellness and Weigh loss, Eat Clean

Diet Book Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) CLEAN EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean eating cookbook, Weight Watchers,Sugar free detox,Healthy ... Eating Cookbook,Loss weight Fast,Eat thin) Binge Eating: Cure Binge Eating, Overcome Food Addiction, and Rid Your Life of Eating Disorders (Binge Eating Cure Series Book 1) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) The High Fiber Cookbook: Over 50 Delicious Recipes for Healthy Eating (The Healthy Eating Library) Instant Pot Cookbook: The Ultimate Healthy Delicious Recipes Cookbook ( (Healthy Eating, Slow Pressure Cooker Recipes Book, Clean Eating, ) Renal Diet Cookbook: The Comprehensive Guide For Healthy Kidneys – Simple And Delicious Recipes For Healthy Kidneys (Healthy Eating) Eating Healthy On A Budget: A How-To Guide Clean Eating On A Budget: 50 quick,easy and healthy recipes you can make today Superfood Cookbook: Fast and Easy Chickpea Soup, Salad, Casserole, Slow Cooker and Skillet Recipes to Help You Lose Weight Without Dieting: Healthy Cooking for Weight Loss (Eating on a Budget Book 1) Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating Recipes on a Budget (Superfood Kitchen) Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating Recipes on a Budget (Superfood Kitchen Book 1) Eating Disorders Information for Teens: Health Tips About Anorexia, Bulimia, Binge Eating, and Other Eating Disorders (Teen Health Series) Paris Travel Guide - Paris Travel: The Ultimate Guide to Travel to Paris on a Cheap Budget: (Honeymoon in Paris, Paris Travel Guide, Travel on a Budget, Save Money) MEAL PREP: The Beginner's Guide to Meal Prep and Clean Eating for Busy People to Lose Weight and Save Time (low carb diet, clean eating, batch cooking, weight loss,meal planning,healthy cookbook) Clean Eating Made Simple: A Healthy Cookbook with Delicious Whole-Food Recipes for Eating Clean Clean Eating 28-Day Plan: A Healthy Cookbook and 4-Week Plan for Eating Clean The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)