

Healthy Eating on a Budget

1. PNLA AHADÉ _____
2. POSH TRMAS _____
3. BDTGUE _____
4. ACETER A PPSHIOGN LTIS _____
5. UES NOSPOUC _____
6. EKAT INNYROETV _____
7. OOKC NAD EEFREZ _____
8. SAREH A MAEL _____
9. OOKC TA MEOH _____
10. ATE LOEVSTFER _____

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ANSWER KEY

1. PNLA AHAD PLAN AHEAD
2. POSH TRMAS SHOP SMART
3. BDTGUE BUDGET
4. ACETER A PPSHIOGN LTIS CREATE A SHOPPING LIST
5. UES NOSPOUC USE COUPONS
6. EKAT INNYROETV TAKE INVENTORY
7. OOKC NAD EEFREZ COOK AND FREEZE
8. SAREH A MAEL SHARE A MEAL
9. OOKC TA MEOH COOK AT HOME
10. ATE LOEVSTFER EAT LEFTOVERS