



**THE DIET ALTERNATIVE**

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**RESOURCES BUDGET EATING:**

<https://www.thesimpledollar.com/save-money/20-strategies-for-radically-cutting-your-food-expenses/>

<https://www.healthline.com/nutrition/29-cheap-healthy-foods>

<https://www.webmd.com/food-recipes/features/cheap-healthy-15-nutritious-foods-about-2-dollars>

<https://www.choosemyplate.gov/eathealthy/budget>