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Practical and Affordable Tips for Embracing a Plant-Based Diet

There are many reasons for transitioning to a plant-based diet. Maybe you want to take the leap for [medical reasons](#), like reducing the risks of heart disease and diabetes. Or, maybe you want to help [fight climate change](#). Whatever is driving your decision, there are great ways to embrace this healthy lifestyle choice, without straining your pocketbook.

Bulk buying

Moving to a plant-based diet can be challenging to navigate, especially if you're trying to buy organic produce. [Organic foods](#) are raised without the application of most artificial fertilizers and synthetic pesticides, but as a result, you'll typically pay higher prices for them. However, Today points out you can often save money by purchasing your groceries in [bulk](#).

Spices, beans, rice, barley, and so forth, can be more economical if you opt for the bulk food section, and those are foods that keep well and can become comfortable staples in your diet. They work nicely as the basis for various [casseroles](#), which are wholesome and satisfying meals. If it's time to invest in something like a slow cooker or rice cooker to make your meals easier to make, you can also save on your kitchen gadgetry by searching for online [daily deals](#) and applying promo codes or coupons. With a little digging, you can stretch your meal budget that much further.

Healthy and homegrown

Have you considered a little garden plot of your very own? It's a great way to not only stretch your dollars, but have control over what goes into your food. If you're new to gardening, Morning Chores recommends choosing [beginner-friendly vegetables](#), such as lettuce, green beans, cucumbers, and spinach. Note root veggies such as carrots and radishes can be grown in a pot, which is a nice choice if you're tight on space. Again, when shopping for all your supplies, take advantage of special offers and discounts online.

Hit the farmers market

Your local [farmers market](#) can be a great way to shop for fresh produce and support area growers, but it can be challenging to know how to do that and watch your budget. To make the experience more affordable, plan to shop for what's in season. You can even use this [chart](#) to get a feel for what to expect, but rather than creating a shopping list, plan to shop what's available. Sometimes a farmer has a particularly good harvest, so you'll get a better deal thanks to the abundance, then create your recipes based on your purchases.

Another handy suggestion is to rely on tech to help with your choices. As FoodTank explains, there are [apps](#) available to tell you what foods you're better off buying organic. You can also find recipes, and there are even interactive apps that allow you, vendors, and other shoppers to communicate about great deals.

To take your relationship with growers to the next level, consider [joining a CSA](#). CSA stands for Community Supported Agriculture, and [membership](#) offers benefits to both farmers and consumers. Basically, you prepay a season's worth of produce, arrange with the grower where and when you'll do a routine pickup, and then you can look forward to interesting, fresh, organic produce straight from the farm at a reduced cost. The con is not knowing for sure what you'll get, but if you're up for savings, quality, and variety, it can be just the ticket.

Moving to a plant-based diet can feel pretty tricky at first, especially if you're being careful with your spending. Plan to buy some products in bulk, consider raising some fresh foods of your own, and check with local growers for variety and savings. These simple and smart strategies can have you well on your way to healthier, cleaner eating, without going broke in the process.