

Top tips for saving money and calories!

1. Don't buy a pre-packed sandwich for lunch. Make your own with brown bread, lots of salad and healthy fillings such as chicken or tuna. Try to avoid mayo and salad dressings to save extra calories.
2. Make your own cereal or granola with oats, raisins, sultanas and dried bananas. Visit <http://www.bbcgoodfood.com/recipes/1590/goodforyou-granola> for a recipe. Add extra fruit and seeds for added goodness!
3. Substitute your Starbucks for a homemade fruit smoothie. A great way to get your five-a-day, visit <http://www.fruitsmoothierecipes.me.uk/smoothierecipes/> for recipe ideas. Chopping up and preparing the fruit will also keep you active in the kitchen.
4. Buy seasonal vegetables and chop them yourself instead of pre-prepared vegetables. Supermarkets often have cheaper vegetables within their value ranges. They still have all of the goodness but are just a bit more mis-shaped!
5. Opt for healthy snack items - things like fruit, fresh raw vegetables, nuts and yogurt are also much cheaper than crisps, chocolate and biscuits. Spend time in the kitchen preparing the fruit and veg to keep you on your toes!
6. Increase your distance in the kitchen if you are cooking a meal by not getting all the ingredients out of the fridge at the beginning. By getting individual ingredients out as you need them, you'll have more trips to the fridge so will burn more calories.
7. Instead of letting vegetable peelings and packaging pile up on your work surface make frequent trips to the bin, tidying as you go will burn more calories. Washing up while you go will keep you moving and will leave with a nice clean and tidy kitchen!