

AFFORDABLE HEALTHY EATING

Quick Start Guide

The 3-Step System
That Saves Money
& Health

Glenda Hill | Thirty Pounds Down



Welcome

Friend, if rising food prices are keeping you from eating healthy consistently, I have a 3-step system to help you plan, purchase, and prepare nutritious meals at home on any budget.

I'm Glenda Hill, your healthy lifestyle coach, and I created this guide for you as a listener of the Thirty Pounds Down podcast. I've lived the struggle myself. I was faced with the challenge of cooking healthy meals on a tight budget for a two-person household. Bulk buying wasn't the answer, and food was being wasted. I felt like my health goals and my finances were pulling in opposite directions.

Whether you're an empty nester or a newly married couple without children, this guide can help.

Even if your food budget is tight, you can still eat really well without straining your finances.

Let's get started.



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INTRODUCTION

Healthy eating doesn't have to be expensive or complicated. God has already provided the simple foods that bring life to the body and peace to the mind.

This guide will show you how to begin eating well on any budget with the 3 P's System:

Plan with Prayer. **Purchase** with Prayer. **Prepare** with Prayer.

When you approach eating healthy with God's wisdom, you'll discover that:

- Nutritious meals prepared at home can cost less than processed foods.
- Smaller food portions satisfy deeply when you eat slowly and savor the experience.
- A little intentionality prevents waste and honors your health.
- Keep you fuller longer, reducing overeating.
- Bring color, flavor, and joy to your meals.

Why Fresh Foods Over Processed Foods?

- Processed foods—boxed dinners, frozen entrees, sugary snacks—often seem “cheap” and convenient. But they come with hidden costs:
- Low nutrients, high calories → leading to weight gain and fatigue.
- Excess sodium and sugar → raising risk of high blood pressure and diabetes.
- More expensive in the long run → because poor nutrition increases medical bills and reduces quality of life.

Fresh, whole foods—like fruits, vegetables, grains, nuts, and seeds—are God's original design.

Genesis 1:29 They:

- Provide vitamins, minerals, and fiber that your body truly needs.
- Keep you fuller longer, reducing overeating.
- Bring color, flavor, and joy to your meals.

God's plan from the beginning was fresh, life-giving foods.

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PLAN WITH PRAYER

1. Plan with Prayer

Before making a shopping list, pray for wisdom and guidance. Ask the Lord to help you steward your time and money well.

Why it matters: Without a plan, we overspend, waste food, and fall back on unhealthy options.

How to implement:

- Pick 3 simple meals you'll rotate this week.
- Write down the ingredients—nothing extra.
- Think about portion sizes (smaller plates, smaller servings).

➔ Example recipes (5 or fewer ingredients):

- Lentil Soup: lentils, carrots, celery, onion, garlic.
- Veggie Stir-Fry: broccoli, carrots, bell pepper, soy sauce, olive oil.
- Oatmeal Bowl: rolled oats, almond milk, banana, cinnamon, walnuts.



Scripture anchor:

“The plans of the diligent lead surely to abundance.” (Proverbs 21:5)

— Planning is faithful stewardship.



PURCHASE WITH PRAYER

2. Purchase with Prayer

At the store, pause before you shop. Ask God to direct your eyes toward what nourishes, not what tempts. Shop strategically—watch for sales, use discounts, and only bulk-buy items that won't spoil.

Why it matters: Grocery stores are designed to push you toward convenience and junk. Prayer keeps your focus aligned. We need to practice good stewardship.

How to implement:

- Shop the outer aisles: produce, grains, nuts, beans.
- Avoid impulse buys—stick to your prayer-led list.
- Buy smaller quantities of fresh produce more often (2–3 times a week) for fresher foods.
- Stock affordable, long-lasting staples: dried beans/lentils, oats, brown rice, canned tomatoes, nut butters, tahini.
- Buy seasonal produce and check the farmers' market late-day discounts when vendors reduce prices.



Scripture anchor:

“Gather the pieces that are left over. Let nothing be wasted.” (John 6:12)

— practice good stewardship.



PREPARE WITH PRAYER

3. Prepare with Prayer

Cooking at home is an act of stewardship and gratitude. Pray as you prepare, thanking God for His provision and asking Him to bless the food.

Why it matters: Dedicate time to cooking at home. This not only saves money but ensures your meals are wholesome and portioned for your health needs.

Prepare smaller portions with gratitude — Eat slowly, pray before meals, and savor God’s goodness (Psalm 34:8).

- Cook intentionally: halve large recipes
- Repurpose leftovers: roasted veg → wrap; lentils → taco filling; grains → breakfast porridge.
- Portion with purpose: aim for ½ plate veg, ¼ plate whole grain, ¼ plate plant protein; add a little healthy fat to keep you full.

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Scripture anchor:

“Taste and see that the Lord is good.”

(Psalm 34:8)

— eating slowly is an expression of gratitude.



WHY THIS SYSTEM WORKS

Science Snapshot —

- Slowing down and mindful/slow-eating strategies reduce overeating and support healthier intake. [PMC](#)
- Pulses (beans, lentils) are nutrient-dense, support weight management and gut health — excellent, low-cost protein. [PMC+1](#)
- Whole grains help control blood sugar and lower risk of chronic disease — a reliable foundation for daily energy. [The Nutrition Source](#)
- Plant-based foods supply micronutrients and bioactives that support immune resilience and lower inflammation. [Frontiers+1](#)
- Pulses (beans, peas) are among the lowest-cost protein sources and highly versatile — big nutrition for little cost. [The Washington Post](#)

Ready To Give It A Try?

Cook it fresh, eat it slowly, and thank God for His faithfulness. You'll see: He always provides exactly what we need.

God's provision is practical and kind. You don't need a fancy plan or a big budget — you need a heart that will steward what He's already given. Use the 3Ps this week and watch how simple obedience becomes health, joy, and energy.



Listen or Replay The Episode

Inexpensive, Lifetime Nutrition Is Divine Provision for
Healthy Weight

