



LESSON 7 "FullyRaw On A Budget"





Money is sensitive topic for many people, so I ask for your support on this forum as I try to give you as many helpful tips as I can. I want to HELP you find ways to get healthy that are realistic and affordable to YOU. So here's the question: Are you willing to invest in your health? How much are you worth? I'll give you a hint... YOU ARE PRICELESS. REMEMBER THAT YOU ARE VOTING WITH YOUR DOLLAR...every time you spend, you are supporting SOMETHING. Start supporting the purchases of more organic fruits and veggies. The only thing that we truly OWN is our body... If you don't take care of your body, where will you live?

When you look at what the average American spends a week on food a week, you are actually SAVING a LOT of MONEY when you go raw. You save money on electricity, doctors bills, gas, etc. Where you cut in one area, you can make up in another. You can eat the best fruit possible and eat rather expensive, or you can be very minimalistic and eat for practically free. It depends on your approach. Most Americans eat out and spend \$10-13 a meal on food.



I ate Raw in college for less than \$60 a week because I made it happen and because I wanted it badly enough. My health was worth it.

Buy in Bulk. You save money buying by the case and can get up to 30% discount by doing this. I get my cases at Rawfully Organic, but you can even get a discount by asking your local grocer to simply order you some cases. Take advantage of your resources. Shop around to the stores that have the best deals in quantity, quality, and price.

If you don't have a co-op, find Produce Buying Clubs or CSAS. That means community supportive agriculture that supports your local farmer.

Shop at your Local Farmer's Markets! Make Deals with your Farmers! A secret is to go at the end and get the mushy ripe fruit...At the end of the day if there is anything left, usually the farmers are looking to sell what they have so will discount it for you...BONUS!

Variety vs. Quality. Buy the cheap things in bulk like organic bananas...you can live off just bananas, but try to put aside money for some specialty variety items like bell peppers, berries, or dates. Balance in this lifestyle is key, and it will make you enjoy it more.



VEGANRESET

VOLUNTEER!!! If you have the time, do a little work in exchange for food. Do some WOOFING or Volunteer at local farms. You can even Volunteer at the farmer's markets as a part-time job or even volunteer at your local co-op.

Buy what is in season...buy as much local as possible: It is always cheaper this way!

Use the DIRTY DOZEN. A few months ago, I made a list of the top 12 cleanest and the top 12 most contaminated fruits and veggies. This list will help you figure out what you can or may not want to purchase organic.

Grow your own garden! Create your own abundance.... Food grows on trees literally! This is REAL sustainability. If you don't have a garden, find a community garden, or perhaps even find neighbors who grow food or who are willing to share their fruits with you. If you want free food, put in the gardening work and invest in soil. RICH Soil is EVERYTHING. RICH soil creates RICH foods, giving you a RICHER life.



Start a fruit picking business.

Dr. Graham once told me that I should advertise in the newspaper to go and pick the fruits off people's trees in their yard that they didn't want. This is cool because

A) You're getting free fruit

B) You may even be getting paid for it!

Heck, go foraging...there is fruit everywhere when you open your eyes up to it!

Invest in YOUR Health ...NO MATTER WHAT...AS MUCH AS YOU CAN!

My Last recommendation: This IS an investment in your health. You WILL be buying a LOT of produce when you go raw, start juicing, or even go vegan, so learn how to store it properly as to make its shelf life last as long as possible. I made a video called [What's in My Fridge](#), that will teach you how to store your produce to make it last as long as possible with little waste. Keep in mind that you May end up spending more on food, especially if you're buying organic, but you will be spending LESS on everything else, which includes prescriptions drugs, doctors bills, and more.



I want to leave you with a few powerful tips that I have learned within the past 9 years of eating this way:

Be understanding with yourself. You won't get it right at first, but over time you WILL.

Prioritize. What is most important to you? If this is important to you... you can find a way to make it work. Be patient. Write down what you want. Figure out EXACTLY how much you NEED to spend in comparison of what you you WANT TO SPEND. Figure out how much YOU are WILLING to spend on produce and Plan ahead. Envision it. Is your health worth your dollar? The answer... YES.