



— Food for Health —

Wellness Newsletter

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Budget-Friendly Fx-Approved Foods

IN THIS ISSUE: HEALTHY FOODS THAT COST \$5 OR LESS + MEL'S NEW PRODUCT PICK + RECIPE



A powerful question to ask
before making a food choice:
Will this food merely fill me up or will
it fuel me with life-giving nutrition?

— Mel Jatsek

Healthy Foods that Cost \$5 or Less

Taste and cost are two of the most common reasons people give for not adopting and sticking to a healthier eating pattern.

Let's talk taste.

Your body craves what you feed it most. So, if pizza and burgers are what you eat, fresh vegetables will taste bland because you've conditioned your tastebuds to prefer salty, fatty foods.

The good news is tastebuds are malleable. Just start putting the healthy stuff in, and your palate will slowly shift to prefer more wholesome foods. Trust me, it works every time. A little patience and time are all that's required.

What about cost?

I won't argue that some Fx-Approved foods are more expensive; however, there are also plenty of budget-friendly options at Heinen's! A quick and inexpensive meal doesn't mean limiting yourself to salty frozen dinners. It can look like fresh baked tilapia over quinoa, butternut squash and tomatoes.

If that sounds appetizing to you, take a look at this list of Fx™-approved meal and snack items under \$5. You can even combine a couple of items

in each category to create easy, satisfying meals that will fuel your body with life-giving foods.

Breakfast Fare for \$5 or Less

- Driscoll's fresh raspberries or blackberries (for smoothies, oatmeal, or yogurt parfaits)
- 1 Overeas nutrition bar + 1 Anjou pear
- 2 tablespoons Heinen's creamy natural peanut butter + 1 small banana
- 1 Purely Elizabeth Collagen Protein oat cup
- Heinen's unsweetened almond milk (for smoothies or chia pudding)
- 1 packet Ancient Nutrition vanilla bone broth protein powder (add to shaker cup with 12 ounces Heinen's unsweetened almond milk)
- 1 packet RXBAR almond butter + 1 Fuji apple
- Cocojune strawberry rhubarb yogurt + 1 single serving bag of Heinen's raw almonds
- Heinen's large cage free eggs (for an egg-based breakfast bowl)
- Heinen's old fashioned oats (for overnight oats)
- Bob's Red Mill 7 grain hot cereal

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Healthy Foods that Cost \$5 or Less

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Lunch Staples for \$5 or Less

- 1 large, pitted avocado + 2 tablespoons Hope hummus
- Green pepper + mashed avocado and chickpeas
- Buckeye Fresh Romaine lettuce or one bunch of organic kale (for lunch salads or smoothies)
- Broccoli sprouts (to sprinkle on salads or blend into smoothies)
- Organic celery sticks + 1 packet of Justin's maple almond butter
- Health Valley no salt added organic vegetable soup
- 3 oz. pouch Safe Catch wild tuna
- Ezekiel whole wheat pocket bread

Delicious Dinner Ingredients for \$5 or Less

Choose an item from each category to create delicious and nutritious meals that won't break the bank.

PROTEINS

- Wild Planet mackerel
- Fresh tilapia
- Heinen's organic lentils
- Nasoya organic super firm tofu
- Gerber CARE Certified bone-in skin-on chicken thighs
- Seapoint Farms frozen edamame
- Heinen's organic canned beans (garbanzo, black beans, etc.)

VEGETABLES

- Heinen's organic frozen broccoli florets, diced butternut squash, cut leaf spinach or stir-fry blend
- Heinen's frozen riced cauliflower or zucchini spirals
- Fresh sweet potatoes
- Fresh whole carrots
- Onions
- Fresh tomatoes
- Fresh cauliflower
- Fresh zucchini
- Heinen's canned tomatoes, artichokes or beets

GRAINS AND PASTA

- Heinen's organic frozen quinoa with zucchini, butternut squash & tomatoes
- Heinen's organic whole wheat pasta
- Heinen's organic cooked brown rice
- Heinen's organic cooked quinoa
- Banza chickpea pasta or rice
- Palmimi hearts of palm pasta

FLAVOR ENHANCERS

- Fresh herbs: cilantro, parsley, Buckeye Fresh basil, Great Lakes Growers thyme, rosemary, oregano and chives
- Fresh spices: turmeric and ginger
- Fresh garlic
- Heinen's apple cider vinegar
- Heinen's stone ground or Dijon mustard
- Heinen's jarred salsa
- Heinen's organic Italian herb pasta sauce
- Tabasco sauce

Satisfying Snacks and Drinks for \$5 or Less

- Nutrition bars: PEP, Quantum, Thunderbird, or Raw Rev Glo
- The New Primal beef stick
- SeaSnax
- LesserEvil popcorn
- Quinn whole grain sea salt pretzel sticks
- Undercover dark chocolate + sea salt quinoa crisps
- Finn Crisp sourdough rye thins
- Mamma Chia chia squeeze
- GT's kombucha
- Heinen's raw sunflower seeds (in the Produce Department)
- Heinen's organic applesauce (mix in raw sunflower seeds for crunch and protein)

Key Takeaway

Put on a new pair of glasses and reframe how you look at your food choices with this powerful question: Will this food merely fill me up or will it fuel me with life-giving nutrition? The above cost-friendly, Fx-Approved foods will do both.



Mel's New Product Pick

PEP NUTRITION BARS



I get so excited when Heinen's brings in a new nutrition bar, especially when it meets my standards of low-glycemic (gentle on blood sugar) and wholesome ingredients. And of course, let's not forget taste!

You can imagine my delight when the PEP bar made its way into Heinen's Wellness department.

PEP stands for "Plant Energized Peptides."

You've probably heard that amino acids are the "building blocks" to make proteins in the body. Well, peptides are short chains of amino acids that, because of their small size, can function in ways big proteins can't.

The peptides in PEP bars are derived from fava beans and have been clinically studied to support healthy muscle mass, recovery after activity, and retention of muscle strength.

PEP bars can be enjoyed by vegans and meat-eaters alike. They are free from dairy, gluten, soy, artificial colors and flavors, and synthetic chemicals. I'd say that's a win-win-win!

Take your pick from PEP's three tasty and satisfying flavors: berry bliss, honey nut, and chocolate fudge. You won't be disappointed!



Berry Bliss Bar Ingredients:

Macadamia Nuts, Honey, Almonds, Almond Butter, Chicory Root Fiber, Coconut, Pecans, PeptiStrong™ (Fava Bean Protein Hydrolysate), Dried Blueberries, Coconut Flour, Inulin, Coconut Oil, Natural Flavors, Blueberry Powder, Sea Salt, Vitamin E, Monk Fruit Extract

CONTAINS: Treenuts (Macadamia, Almond, Pecan, Coconut)



Nutrition Facts	
1 servings per container	
Serving Size	
Amount Per Serving	
Calories	230
Total Fat 17g	34%
Saturated Fat 3g	15%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	21%
Total Sugars 0g	0%
Includes 6g Added Sugars	12%
Protein 5g	10%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 160mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories & 65g is used for general nutrition advice.

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COUNTRY OF ORIGIN: Product of United States of America.

SUPERFOOD OVERNIGHT OATS



Don't let busy mornings keep you from enjoying a delicious and nutritious breakfast. With just five minutes of prep the night before, you can enjoy an inexpensive, superfood-filled breakfast from your breakfast table.

Prep time: 5 minutes; Cook time: n/a; Servings: 1

Ingredients

- 1/3 cup Heinen's old fashioned oats
- 1/4 tsp. Heinen's organic ground cinnamon
- 1 Tbsp. chia seeds
- 1 Tbsp. Heinen's fresh ground peanut butter or almond butter
- 1/2 cup Heinen's unsweetened almond milk for thick consistency, or up to 2/3 cup for thinner consistency
- 1/2 cup fresh or frozen berries
- Drizzle of Heinen's raw honey or pure organic maple syrup, optional

Instructions

1. In a 1-pint Mason jar, combine the oats, cinnamon, chia seeds and nut butter.
2. Add a splash of almond milk and mix the nut butter into the oats.
3. Add the rest of the almond milk and stir to combine.
4. Top with fruit and place the lid on the jar.
5. Refrigerate overnight, or up to 5 days.
6. When ready to serve, add a drizzle of maple syrup or honey, if desired.



Club Fx is a FREE program for Heinen's Tasteful Rewards members that offers education, nutrition tips, product recommendations and recipe inspiration for customers to live their healthiest lives. Interested in becoming a Club Fx member? Update your Tasteful Rewards account to ensure you get our weekly emails and access to personalized nutrition services!