



natura)(ySlim®

# FOOD CENTS

**Eat what you love, spend less  
money, and live better.**

Losing weight, feeling better in your clothes, and living a longer and healthier life are big “wins” with Naturally Slim (NS). But a lesser-known benefit of the program? Saving money on your grocery bills and food budget.

Trust us: we did the math, and it just makes sense (or cents).

If you eat only when you’re hungry and you mindfully use the Super Skills you learn in the program, you improve your financial health as well as your physical and mental wellbeing.

We put pen to paper to prove how the skills you learn in NS give you the gift of financial savings so you can benefit your waistline AND your wallet.

Food costs are substantial and may continue to rise. According to the USDA<sup>1</sup>.

- One person on a “moderate-cost plan” spends an average of \$60-\$70 each week on food
- A typical family of two in what’s considered the “thrifty food plan” category spends over \$90 a week on food
- A family of four in the “moderate-cost” (next-to-highest category) spends nearly \$247.50 weekly

So how can you save money on your food costs without spending all your (not-so-spare) time clipping coupons, using loyalty cards, or Pinterest-planning a weekly shopping list? Don’t get us wrong: these can certainly be helpful efforts. But there’s one way that’s pretty effortless to save money on food: simply eat less of it.

**We don’t mean to eat less than your body needs.** In fact, with NS, you get to eat the food you love! When you apply the skills you learn in the program, most people discover they actually want and need smaller portions of their favorite foods to fill them up and satisfy their bellies and their brains.

By eating mindfully, chewing slowly, and applying intentional skills around flavor and food, we naturally end up eating less—and that translates to saving more.

## You’ve Got the Skills

The same mindful eating skills you use to trim your waistline can also help your financial bottom line. The skills and strategies that contribute the most to your cost savings are:

- Slow eating
- 10-5-10 meal timing
- Sugar reset
- Hunger Savers®

Identifying and meeting your Vital Needs is important, too. When your Vital Needs aren’t protected or prioritized, you’re likely to experience more anxiety and a lack of sleep, and then you might be tempted to overeat—which can mean overspending on food you might not normally buy.

## DID YOU KNOW

Your stomach is roughly the size of a loosely-held fist. It’s incredibly stretchy, too, so it’s possible to fit more food in it than that (and we often try to!). Next time you sit down to eat, try looking at your fist, looking at your plate, and game-planning which of your favorite foods you want to enjoy first!



**Tip:** Take time today to prioritize your Vital Needs and take a step to address them, even if it’s just making a plan for self-care. It all helps and it all adds up!





# Ways You'll Save

Here's an example of how financial savings can add up over a week for just one person using NS.

## SUGAR SAVINGS

When you focus on your "sugar reset" and focus on supportive strategies to help lower the sugar in your diet, you might not purchase fancy coffee drinks anymore. If you make coffee at home, you'll save \$7-8 per week or more.

## EXTRA SWEET

A "sugar reset" includes alcohol. If you usually have a few beers or a glass of wine with your dinner out and are now choosing instead to drink more water and sugar-free beverages, that could be another \$10-15 dollars saved each week!

## BEVERAGE BUCKS

Drinking water or using H2Orange (an NS secret weapon made up of one part orange juice to seven parts water) instead of sodas or sweet teas each day could save you \$4-5 per week or more.

## MONEY MINDSET

Snacking on your Hunger Savers (most of which are cost-friendly) instead of buying one-off snacks puts money in your pocket. More expensive snacks like a bag of chips or a candy bar from a vending machine at approximately \$1 a day can save \$7 per week.

## LUNCH LESSONS

Just bringing your own lunch versus buying it at a restaurant or deli can save you around \$20 per week. Leftovers for the win!

## DINNER DOLLARS

When you eat at a Level 3 at dinnertime and use your slow eating and 10-5-10 skills, you may find yourself satisfied with half of the often super-sized entrees you're used to ordering or making. If you're eating out, ask for a to-go box and you can get two meals for the price of one.

## DOUBLE SAVINGS

Some data shows that the average commercially-prepared meal costs around \$13. Even if you rarely spend that much money on one meal, consider how often you might eat out or order in. When you use your NS Super Skills, you can save \$6.50 at dinner. If you dine out 2-3 times per week, that's a savings of \$19.50. By the way, the national average is close to \$50 dollars a week spent on restaurant food, so you could be saving even more than that!

# It Adds Up

A quick tally shows just how your NS skills will show up on the scale and in your pocket. You could potentially save (drum roll please):

**\$68.50**  
per week

**\$274**  
per month

**\$3,288**  
per year

There's a lot you could do with extra cash like that. You might even use some to buy new clothes that better fit the healthier you!

## Savor More to Save More

Many NS participants are surprised to learn just how much—or how much less—food their bodies need when they listen to their true hunger cues. When you eat at a Level 3 and practice your Super Skills, you'll likely be eating less than you're used to, and still feeling completely satisfied. Eating less can help you lose weight and improve your overall physical and mental health. It can save you money and help you toward your financial fitness goals, too.



Log in to [www.naturallyslim.com/login](http://www.naturallyslim.com/login) from your smartphone or computer to watch this week's lessons.

Not a Naturally Slim participant?  
Visit our blog at [www.naturallyslim.com/the-skinny](http://www.naturallyslim.com/the-skinny) for more tips and resources.

1<https://www.bls.gov/news.release/cesmy.nr0.htm> 2<https://www.fns.usda.gov/cnpp/usda-food-plans-cost-food-reports-monthly-reports> 3<https://www.livescience.com/6182-unthinkable-save-money-eat.html> 4<https://www.thestreet.com/personal-finance/average-cost-of-food-14845479> 5<https://fns-prod.azureedge.net/sites/default/files/media/file/CostofFoodJan2020.pdf>