

Forum:[Hack Forums](#)

Thread: [I'm poor and I want to eat healthy.](#)

Loses - September 20, 2016, 1:27 pm

So I am a college student and I work but if my money isn't for paying the bills it's going into paying back the college. I do have a gym membership, one of the luxuries which I am happy to have, I was just curious if anyone knew some cheap food (breakfast, lunch, dinner) that they could suggest that's considered 'lean' or healthy food. Currently I am just running 4 miles everyday and I am trying to lose weight, even though I don't really have too, I just can't afford protein and all of that stuff needed for muscle mass (currently 185 ~ probably trying to drop to 175)

I don't care if the food 'tastes' good honestly. I'm pretty hard on myself with 'grinding' things out, Probably learned that from RuneScape and the way I grew up.

But yeah basically what I am saying, if Dirt was nutritious then I would eat it.

Also: Are the eBooks that promise x amount of money on the Market tab actually worth it? I mean I probably just want to make like a hundred a week just to pay for my simple life.

TL;DR - What can I buy that is cheap and taste doesn't really matter, as long as it's not processed shit, which is all I can seriously find. I don't mind eating the same 5 meals a day (2 small snacks, 3 main meals)

Thanks for reading guys!

- Kozs

eskimo1 - September 20, 2016, 1:29 pm

Canned beans are pretty healthy. Sometimes I buy canned soup and add random vegetables to it, f.ex boiled carrots.

shreder - September 20, 2016, 5:38 pm

none of those work they'll give you some method like (do a survey for \$5) all bullshit and or over saturated like hell. If you go to Costco or Walmart you can get like 10lbs of chicken for like \$19 wait for deals etc. Oh yeah beans are usually cheap as fuck by em by those big bags for like \$10 loads of protein.

aimware - September 20, 2016, 6:19 pm

If you need some rice, hit up an oriental or indian grocery store near you and get a big ass bag of rice for cheap af.

Buying egg whites instead of whole eggs is a pretty good deal and that's got plenty of protein.

Greek or Icelandic style yogurt is super cheap where I live, you could check that out.

Bulksupplements.com sells supplements cheap as hell and they're high quality if you're looking for that kinda stuff.

Farmers markets sell produce relatively cheap, may want to try looking there.

As the first commenter said, beans are really quite inexpensive.

Last idea would be buying unprocessed foods in bulk, such as nuts (if you can find a good deal).

Tat Tvam Asi - September 20, 2016, 11:53 pm

Rice/Potatoes/Pasta/Quinoa/Lentils

+

Frozen vegetable mix (Steamed or heated on a pan) and leafy greens (Kale, spinach and watercress have high nutrient densities)

+

Chickpeas/Beans

+

Avocado/Nuts/Seeds

This is basically my staple, combined in various ways and with different spices etc.
Very cheap, very nutritious.

If you have a blender, you can really start to get creative with your food.

Ratir48 - September 21, 2016, 5:14 am

I've been doing calculations when I was on low budget myself and here's what I found when it comes to nutrition sources

Cheapest protein source: whey (\$10-\$15/kg)

Cheapest carb source: pasta/rice (\$0.5-\$1/kg)

Cheapest fat source: oil (\$0.5-\$1/kg)

Cheapest vitamin/mineral source: multivitamin (depends, but usually \$0.1 or less to get 100% RDA)

IMO if you buy only these products and get all your macros from them you can survive on \$1-\$2 a day.

Loses - September 21, 2016, 9:07 am

(Sep 20, 2016 01:29 PM)eskimo1 Wrote: [\[CITE\]](#) Canned beans are pretty healthy. Sometimes I buy canned soup and add random vegetables to it, f.ex boiled carrots.

(Sep 20, 2016 05:38 PM)shreder Wrote: [\[CITE\]](#) none of those work they'll give you some method like (do a survey for \$5) all bullshit and or over saturated like hell. If you go to Costco or Walmart you can get like 10lbs of chicken for like \$19 wait for deals etc. Oh yeah beans are usually cheap as fuck by em by those big bags for like \$10 loads of protein.

(Sep 20, 2016 06:19 PM)aimware Wrote: [\[CITE\]](#) If you need some rice, hit up an oriental or indian grocery store near you and get a big ass bag of rice for cheap af.

Buying egg whites instead of whole eggs is a pretty good deal and that's got plenty of protein.

Greek or Icelandic style yogurt is super cheap where I live, you could check that out.

Bulksupplements.com sells supplements cheap as hell and they're high quality if you're looking for that kinda stuff.

Farmers markets sell produce relatively cheap, may want to try looking there.

As the first commenter said, beans are really quite inexpensive.

Last idea would be buying unprocessed foods in bulk, such as nuts (if you can find a good deal).

(Sep 20, 2016 11:53 PM)Tat Tvam Asi Wrote: [\[CITE\]](#) Rice/Potatoes/Pasta/Quinoa/Lentils

+

Frozen vegetable mix (Steamed or heated on a pan) and leafy greens (Kale, spinach and watercress have high nutrient densities)

+

Chickpeas/Beans

+

Avocado/Nuts/Seeds

This is basically my staple, combined in various ways and with different spices etc.

Very cheap, very nutritious.

If you have a blender, you can really start to get creative with your food.
Will be trying to make a diet plan based on all of these opinions, thanks a lot guys

(Sep 21, 2016 05:14 AM)Ratir47 Wrote: [\[CITE\]](#) I've been doing calculations when I was on low budget myself and here's what I found when it comes to nutrition sources

Cheapest protein source: whey (\$10-\$15/kg)

Cheapest carb source: pasta/rice (\$0.5-\$1/kg)

Cheapest fat source: oil (\$0.5-\$1/kg)

Cheapest vitamin/mineral source: multivitamin (depends, but usually \$0.1 or less to get 100% RDA)

IMO if you buy only these products and get all your macros from them you can survive on \$1-\$2 a day.

Looks good man, thanks for the information!

? Death Disturbance ? - September 21, 2016, 9:25 am

Pasta, Tuna, Pasta Sauce and Vegetables.

That shit is onpoint. Below is a link to a video I got it from and it's pretty delicious and doesn't take more than 20 mins to make really.

<https://www.youtube.com/watch?v=3g4DoIW3drw>

Loses - September 21, 2016, 8:26 pm

(Sep 21, 2016 09:25 AM)? Death Disturbance ? Wrote: [\[CITE\]](#) Pasta, Tuna, Pasta Sauce and Vegetables.

That shit is onpoint. Below is a link to a video I got it from and it's pretty delicious and doesn't take more than 20 mins to make really.

THE HELPFUL VIDEO I WASNT ABLE TO POST BECAUSE I DONT HAVE 50 PC
good looks my friend! Might have to start making that for lunch

BR?ND?N - September 21, 2016, 8:30 pm

Walk outside, rip up some grass, and eat it.

Because eating healthy for cheap is a bitch unless you like pasta.

Loses - September 21, 2016, 8:41 pm

(Sep 21, 2016 08:30 PM)BR?ND?N Wrote: [\[CITE\]](#) Walk outside, rip up some grass, and eat it.

Because eating healthy for cheap is a bitch unless you like pasta.

Pasta is easily better than grass, I don't mind grass I guess.

BR?ND?N - September 21, 2016, 8:41 pm

(Sep 21, 2016 08:41 PM)Kozs Wrote: [\[CITE\]](#) Pasta is easily better than grass, I don't mind grass I guess.

I could live off Pasta come on now. Shit is the bomb.

Loses - September 23, 2016, 12:12 pm

(Sep 21, 2016 08:41 PM)BR?ND?N Wrote: [\[CITE\]](#) I could live off Pasta come on now. Shit is the

bomb.

Me too, I use pasta all the time. Lunch today was Pasta/Tuna was kind of fishy but the gains.