

HEALTHY EATING ON A BUDGET

How to buy fresh
fruits and veggies
without breaking
the bank

Includes
4 Bonus
Recipes!

Jesse Lane Wellness

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Introduction

I have always been a veggie lover and always ate my trees (aka broccoli) when I was younger, unlike my sisters who hid them in napkins or threw them into the back yard when they thought my mom wasn't looking!

I was also always one to make my own lunch. As a high school student, I would make sandwiches and stealthily eat them in the fast food restaurant while my friends ate burgers and fries. This way I could still socialize over my lunch, but I didn't end up spending tons of money and I got to eat something relatively healthy.

By the time I graduated from university and started working as an engineer, I had upgraded from sandwiches to salads which are much more nutrient dense. I literally ate a salad every day for the 7 years I worked as an engineer, that works out to roughly 1,700 salads!!!

I quickly had to get creative with the salads I was making because I could not eat the same salad every day for 1,700 days!

I started playing with what I was putting in my salads and the types of dressing I was using. I changed up the greens from romaine lettuce and spinach to kale, varied the veggies depending on what was in season, and experimented with protein like beans, quinoa, salmon, and chicken. I created thin oil based dressings and thick and creamy dressings (which are my personal favourite). I also started adding starches like brown rice and roasted sweet potatoes to my salads.

Not every salad was a winner, but after 7 years of salad making, I got pretty good at creating delicious and filling combinations. I'm excited to share those salads with you today.



About Jesse Lane



I'm Jesse Lane Lee, BSc, CNP, and I am a cheerful Holistic Nutritionist, motivating speaker, cookbook author and wellness writer. I am the founder of JesseLaneWellness.com, a web based holistic nutrition practice and holistic recipe resource.

I have struggled with Irritable Bowel Syndrome and food allergies on and off for most of my life, starting when I was a baby! **I knew something had to change** when the Irritable Bowel Syndrome symptoms I was experiencing kicked into high gear while I was studying Engineering at University. I was getting sick so often that I was constantly anxious and worrying about where the washroom was in every building or situation I found myself in.

I started my healing journey by visiting a holistic practitioner who gave me the guidance I needed to heal my leaky gut. As I gathered momentum, I became really excited about cooking healthy food and I started to play in the kitchen.

I had so much fun creating allergen free recipes and the restrictive diet I was following became a source of culinary inspiration.

Today, I feel fantastic and am able to enjoy most of the foods that used to cause an unwelcome reaction.

I love to experiment in the kitchen and create holistically delicious recipes that accommodate a wide variety of food allergies, diets and lifestyle choices. I am a co-author of The Holistic In the City 21 Day Smoothie Guide which contains 21 delicious smoothie recipes made with love by 7 Holistic Nutritionists. I am also a regular recipe contributor to KrisCarr.com, OneGreenPlanet.org and MindBodyGreen.com.

I am also the author of Healthy Dairy Free Desserts, [go to page 15 for a sneak peek!](#)

I believe that eating healthy whole foods can be easy, fun and most of all delicious!

How to eat healthy produce while saving money

"My biggest barrier to cooking healthy meals is cost. Fresh produce and natural foods are so expensive!"

"My biggest barrier to healthy eating is money to buy the better products. I try to eat organic but sometimes it's just not possible."

Sound familiar?

So many of my clients resist the shift to healthy eating because they don't believe they can afford it. Let me teach you how you can become a savvy shopper and fill your plate with veggies without having to worry about your budget.

As you are reading this I also want you to remember that eating conventional produce from the grocery store is better than forgetting about fruits and veggies all together. If you do buy conventional produce, just make sure you peel it because the majority of the pesticide residue hangs out in the skin.



Dirty Dozen and Clean Fifteen

Ideally we would all buy organic produce because it contains less pesticide residue and has higher nutrient content. Buying organically grown produce is not always in the budget, so a good option is to follow the dirty dozen and clean fifteen.

The Environmental Working Group (EWG) has pored over the results of nearly 51,000 USDA and FDA tests for pesticides on 44 popular produce items and identified the types of fruits and vegetables that were most likely to have higher trace amounts.

They created this awesome chart called the dirty dozen that depicts which fruits and veggies have the highest pesticide levels. Fruits and veggies found on the dirty dozen should ideally be purchased from organic sources. The clean fifteen depicts fruits and veggies have the lowest pesticide levels, you can buy conventionally grown produce from this list to save money.

Dirty Dozen:

1. Strawberries
2. Apples
3. Nectarines
4. Peaches
5. Celery
6. Grapes
7. Cherries
8. Spinach, Kale and Collard greens
9. Tomatoes
10. Sweet bell peppers and Hot Peppers
11. Cherry tomatoes
12. Cucumbers

Clean Fifteen:

1. Avocados
2. Sweet Corn*
3. Pineapples
4. Cabbage
5. Sweet peas frozen
6. Onions
7. Asparagus
8. Mangos
9. Papayas*
10. Kiwi
11. Eggplant
12. Honeydew Melon
13. Grapefruit
14. Cantaloupe
15. Cauliflower

* A small amount of sweet corn, papaya and summer squash sold in the US is produced from Genetically Modified seeds. Buy organic varieties of these crops if you want to avoid GMOs.

Farmers Markets

Farmers often pick the fruits and veggies they bring to the market when they are at their peak ripeness which corresponds to their peak nutrient value. They are also usually picked the night before the market, some farmers I spoke with are up all night before market day picking and preparing the produce for the market.

Lots of local farmers use organic methods but can't afford to get certified. When buying veggies locally at your farmers market, it is best to chat with the farmers about their methods of pest control.



Tip: The best way to save money at the farmers market is to arrive near the end of the market. Most farmers would rather sell you their produce at a reduced rate rather than pack it back into the trucks. You can't be picky when shopping this way but you can get some awesome deals; I once got 2 huge heads of kale for \$1!

CSA – Community Supported Agriculture

As a general rule, the less produce has to travel, the fresher and more nutrient-rich it will be. When you support your local farmers through a CSA you are closing the gap between you, the food you eat, and the farmer. You essentially become a member of the farm by subscribing to weekly or biweekly produce delivery. The amount of produce you get tends to rely on the vitality of the crops, but it is always a much better deal than what you get at the grocery store and the quality is much better.

This is a great option for busy people who struggle finding the time to go to the grocery store. It is super convenient to have a big box of fresh produce delivered to your door every week.

Ugly fruits and vegetables

Ugly fruits and vegetable are popping up in grocery stores more and more which is so exciting! Grocery stores have strict cosmetic standards that dictate exactly how their fruits and veggies should look, when produce doesn't meet these standards it is deemed unsellable.

To put a stop to the food waste, many grocery stores are now selling “ugly” fruits and vegetables at a discounted rate. These fruits and vegetables may look different, but they have the same taste and nutrient profile as regular produce.

p.s. that is a green pepper!



Bonus Recipes

I’m so excited to share with you a sneak peek from my cookbook Healthy Fresh Salads! These four recipes are filling, delicious and unique.

These recipes, and all of the recipes in Healthy Fresh Salads, have been carefully tested by my recipe testing team of 30 people (who are regular people, not chefs or nutritionists) who made sure that:

- Every recipe is easy to make with step by step instructions
- Recipes work every time, so you don’t end up with a disappointing green mess
- Recipes are made with ingredients that are easy to find
- Salads are super yummy and could never ever be classified as boring

Want more Recipes?

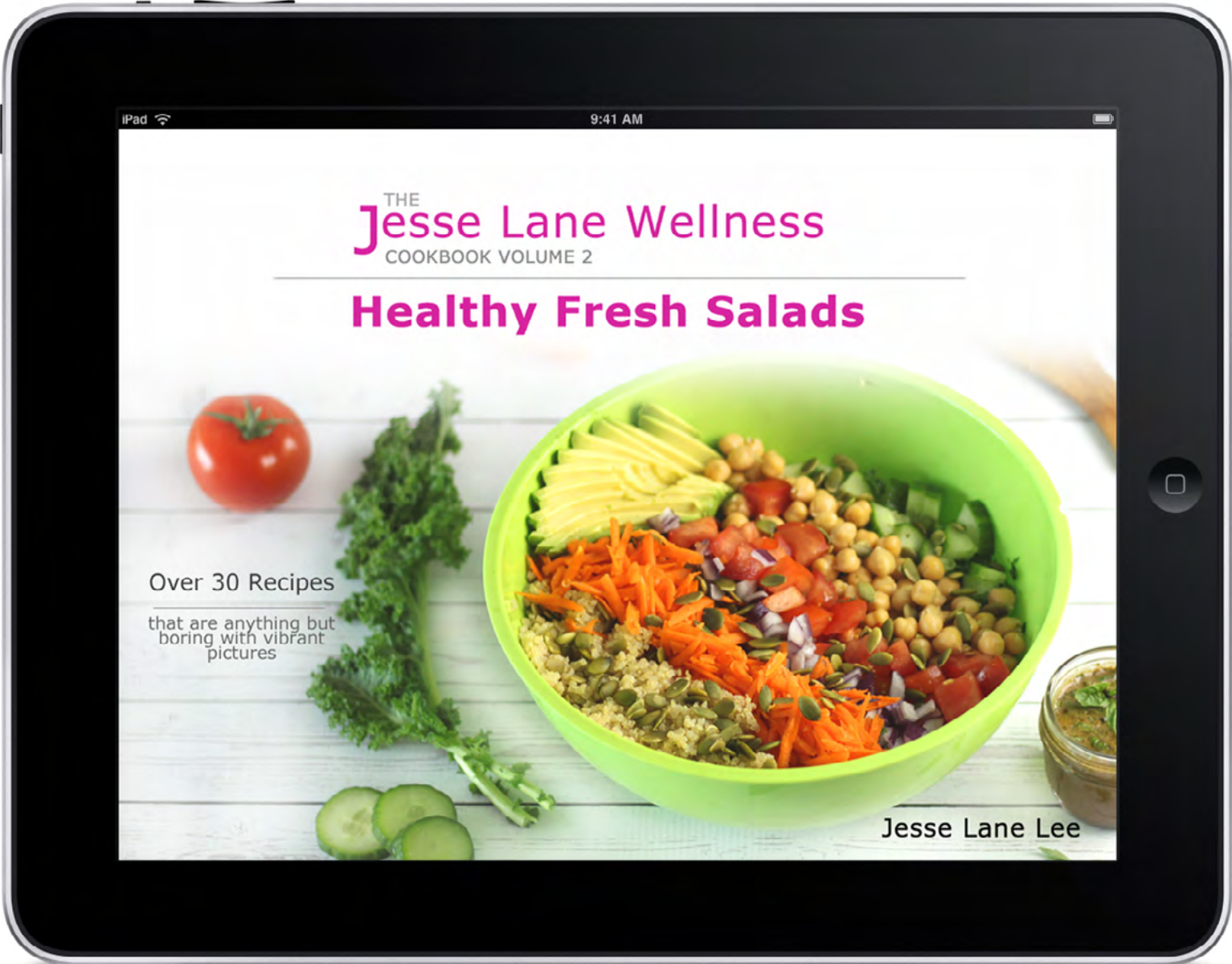
Healthy Fresh Salads contains over 30 fresh and exciting salad recipes. The recipes are all “fresh”, not only are they created using fresh veggies, but they are also inspired, creative and anything but boring. The salads are also well balanced with fiber, healthy fats and protein so they are satisfying and can never be classified as rabbit food.

Healthy Fresh Salads also contains information on why it is important to eat the rainbow, nope not Skittles but a variety of colourful vegetables. It explains how to properly clean your veggies and talks about Genetically Modified Organisms and why we should avoid them.

For only \$7.99, you receive:

- Over 30 unique fresh salad recipes created by Holistic Nutritionists
- A delicious cookbook with full-colour, vibrant pictures for every recipe
- Guide to creating the ultimate salad
- How to clean fruits and veggies
- Information about GMO foods and how to avoid them
- Importance of eating the rainbow

The cookbook will be released on July 4th! Since you are on my mailing list, you will be the first to know when Healthy Fresh Salads goes on sale.



[Click Here to Learn More](#)



Recipes Information

I like to create recipes that accommodate a variety of food allergies, diets and lifestyle choices. All of the recipes in the Healthy Dairy Free Desserts book are vegetarian, dairy free and made without processed sugar or flours. Many of them are also vegan, raw, nut free, sugar free, paleo and gluten free.

V

Vegan

Contains no animal products or honey

P

Paleo

Free from legumes, sugar or grains

R

Raw

Ingredients and final product have not been heated

VE

Vegetarian

Does not contain meat, fish or poultry

NF

Nut Free

Does not contain nuts

GF

Gluten Free

Does not contain any glutinous grains

Use the symbols to easily find the recipes that fall into specific categories.



Creamy Broccoli Salad

Prep time: 15 minutes | Inactive prep time: 1hr *optional | Cook time: 15 minutes |
Serving size: 4 sides

Creamy Broccoli Salad is a mayo-free healthy version of the traditional broccoli salad. The creamy dairy-free sauce is made with tahini and nutritional yeast. The raisins are swapped for super antioxidant goji berries which add a nice sweetness to the salad. Creamy Broccoli Salad is light and delicious and can be enjoyed warm or cold.

Ingredients

- 2 heads of broccoli, cut into florets and diced ends ~ 6 cups
- 1/2 red onion, thinly sliced
- 1/2 cup goji berries
- 1/2 cup pumpkin seeds

Sauce

- 1 garlic clove
- 1/2 cup tahini
- 1/4 cup nutritional yeast
- 1/4 tsp paprika
- 1/4 tsp mustard powder
- 1/4 tsp turmeric
- Salt and pepper to taste
- 2 Tbsp apple cider vinegar
- 4 Tbsp olive oil
- Water as required – up to 6 Tbsp

Method

1. Thinly slice the red onion and place in a bowl of water to soak until the rest of the salad is ready, this will neutralize the astringent flavour.
2. Cook the broccoli in a steamer basket by gently steaming it over boiling water for 5 minutes or until just tender. Once the broccoli is cooked submerge it in an ice bath to stop the cooking.
3. To make the sauce, place the garlic in a food processor and pulse until minced. Add the tahini, nutritional yeast, paprika, mustard powder, turmeric, salt and pepper, apple cider vinegar and oil then pulse until silky smooth. The dressing should be quite thick, but if it is too thick add water 1 tsp at a time until you reach desired consistency.
4. Place the broccoli and onions in a large bowl and toss with the sauce. Top the salad with goji berries and pumpkin seeds and serve warm or chill for an hour in the fridge before serving

Dairy Free Chicken Caesar Salad

Prep time: 20 minutes | Cook time: 60 minutes | Serving size: 2 mains or 4 sides

I love Caesar salad, but the cream based dressing always makes my stomach turn, so I created my own version. It is topped with crunchy chickpea croutons which are a protein packed gluten-free substitute for bread croutons. If you follow a vegan or vegetarian diet, you can simply leave out the chicken!

Ingredients

- 2 chicken breasts
*omit if vegan/vegetarian
- 2 heads of romaine lettuce, chopped or torn into bite size pieces
- 4 Tbsp nutritional yeast* optional but highly recommended

Crunchy Chickpea Croutons

- 2 cups cooked chickpeas, patted dry
- 3 Tbsp coconut oil, melted
- 1 tsp sea salt
- 1/2 tsp garlic powder

Method

1. Pre heat the oven to 400F and line a large baking sheet with parchment paper.
2. Place the chicken in a frying pan and fill with enough water to cover half of the chicken. Bring the water to a boil, lower the heat and simmer covered for 15 minutes, turning half way. Once the chicken is cooked, let it cool and then cut into 2cm cubes.
3. Make the crunchy chickpea croutons by tossing the chickpeas in coconut oil, garlic powder, and salt. Place on the baking sheet and bake for 25-45 minutes, mixing every 15 minutes, until crunchy.
4. Make the dairy free Caesar dressing, [see pg 10](#).
5. To assemble the salad, place the lettuce in a bowl and toss with the dressing. Top the salad with the diced chicken breast, crunchy chickpea croutons and a sprinkle of nutritional yeast.

Dairy Free Caesar Dressing

Prep: 25 minutes | Inactive prep: 2 hours | Serving size: 6

This Caesar Salad has creamy dairy-free dressing that is, in my opinion, much tastier than the bottled version. It is oil-free and gets its creaminess from silky avocado and nutty tahini.

Ingredients

- 1 garlic clove
- 2 Tbsp tahini
- 3 Tbsp apple cider vinegar
- 1 Tbsp lemon juice (1/4 lemon)
- 3 Tbsp water
- 1 tsp Dijon mustard
- 1/2 avocado
- 1/4 tsp black pepper
- 1.5 Tbsp capers

Method

1. Mince the garlic clove in a food processor.
2. Add the remaining ingredients and pulse until smooth. Add additional water if the dressing is too thick.





Market Salad with Creamy Ranch Dressing

Prep time: 20 minutes | Serving size: 2-4

Farmers Market Ranch Salad is a delicious mix of seasonal veggies topped with a creamy Dairy-Free Ranch Salad Dressing. I love wandering around the farmers market with no list or menu plan; I pick up whatever looks fresh, local and organic and figure out what to do with it when I get home. You can really play around with the ingredients in this ranch salad by grabbing whatever is in season and plentiful at your farmers market. Eating local food is a great way to support small local farmers and the local economy and besides, farmers markets are a lot of fun!

Ingredients

- 10 cups mixed salad greens
- 2 tomatoes, cut into wedges
- 1/4 cucumber, sliced and cut into quarters
- 1/2 lb yellow wax or green beans, cut into 1/2 inch pieces
- 1 orange pepper, diced
- 2 carrots, diced
- 1 ear of organic corn, kernels removed

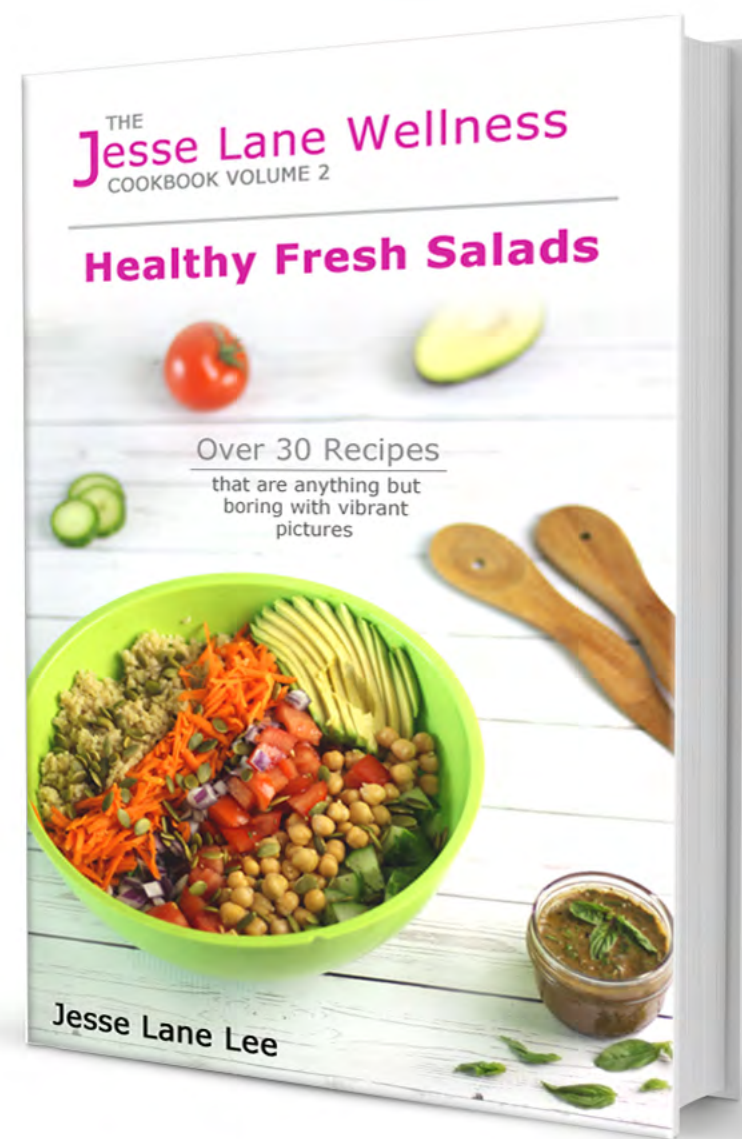
Dairy-Free Ranch Dressing

- 1 garlic clove
- 1/2 avocado
- 3-5 Tbsp unsweetened almond milk
- 2 tsp fresh chives
- 1 tsp dried parsley
- 1 Tbsp apple cider vinegar
- 1/2 tsp fresh dill
- 1/4 tsp pepper
- 1/4 tsp salt

Method

1. To make the dressing, place the garlic in the food processor and run until minced. Add the avocado, almond milk, chives, parsley, cider vinegar, dill, salt and pepper and process until smooth. Add additional almond milk if the dressing is too thick.
2. Place the salad greens, tomatoes, cucumber, beans, orange pepper, carrots and corn in a large salad bowl and toss with the ranch dressing.

Healthy Fresh Salads



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- Salads are super yummy and could never ever be classified as boring

Have you ever found yourself thinking “I need to be more creative with veggies.”?

This is a common complaint I hear a lot from my clients and readers.

Everyone knows they need to be eating lots of veggies, but the thought of eating another salad made with lettuce from a bag and store bought dressing makes everyone want to yawn with boredom.

That is why I created Healthy Fresh Salads. It contains over 30 fresh and exciting salad recipes. The recipes are all “fresh”, not only are they created using fresh veggies, but they are also inspired, creative and anything but boring. The salads are also well balanced with fiber, healthy fats and protein so they are satisfying and can never be classified as rabbit food.

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[Click Here to Learn More](#)



Let's Get Social

You can connect with me on Facebook or Instagram as @jesselwellness and I'm also on YouTube.

I always get so excited when someone makes one of my recipes and tags me in the picture!!!

Use #jlwcookbook when you make any of the recipes in this guide so I can see and share your beautiful creations.

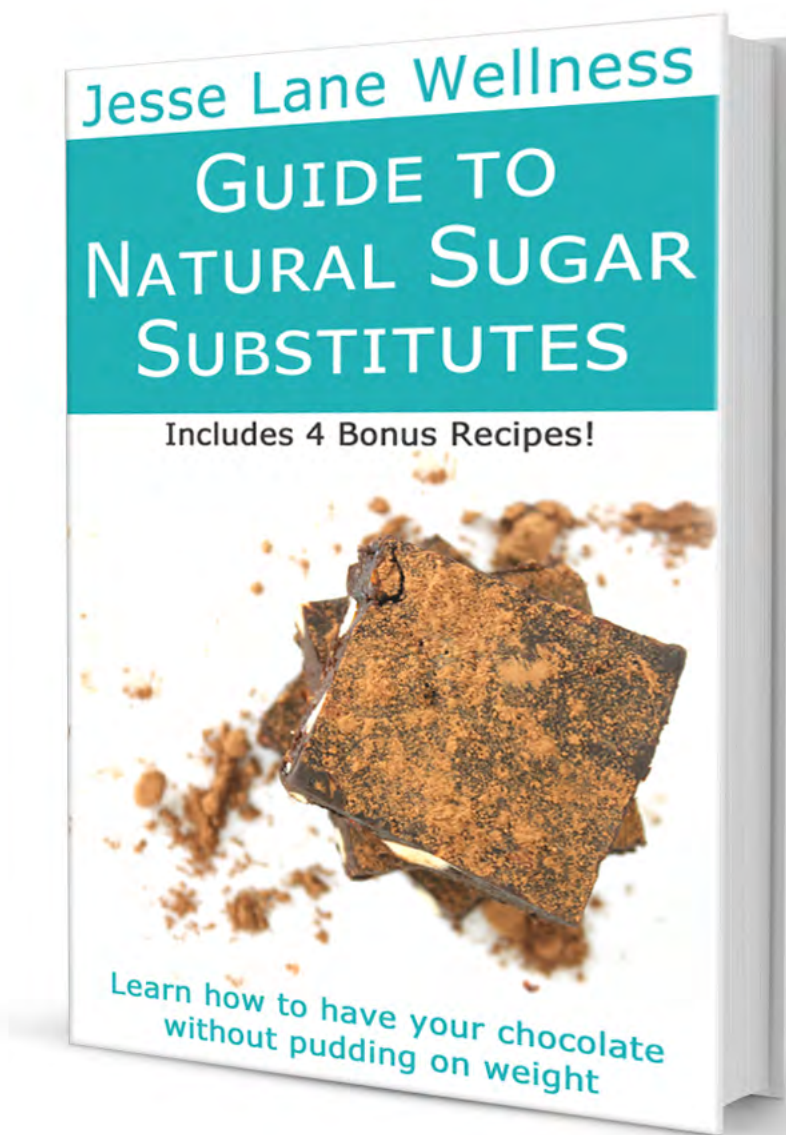
Website: <http://www.jesselanewellness.com/>

Facebook: <http://www.facebook.com/JesseLWellness>

Instagram: <http://instagram.com/jesselwellness>

You Tube: <http://www.youtube.com/c/JesseLaneWellnesscom>

Free Guide to Natural Sugar Substitutes



The bonus recipes include:

- Raw Blueberry Cheesecake – Made with a chewy gluten-free date and pecan base that is topped with creamy vegan blueberry cashew cream cheese that tastes just like the real thing!
- Chocolate Avocado Pudding – Taste just like instant chocolate pudding in a good way – you would never guess the main ingredient is avocado!
- Chocolate Almond Tarts – Melt-in-your-mouth and packed with healthy fats, lots of protein and sweetened with stevia making them a delicious guilt free dessert.
- Carrot Cake Cupcakes – Traditional carrot cake flavors with coconut cream cheese icing tricks people into thinking there is actually cream cheese in there.

Are you on a weight loss diet but finding you really miss desserts?

I'll teach you how to have your chocolate without pudding on weight.

My 15 page Guide to Natural Sugar Substitutes reveals my top sugar substitutes and teaches you how to use them to turn your favourite desserts into healthy treats. It also contains bonus recipes from Jesse Lane Wellness Healthy Dairy Free Desserts.

Often times when you are told to lose weight the first thing you do is start shopping for sugar-free versions of your favourite foods. The most well-known artificial sweetener is aspartame which is found in tons of products. Studies show that aspartame can cause mental disorders, cancer and headaches or migraines.

Even crazier is that aspartame is marketed as a diet food for weight loss when in fact studies have shown it causes weight gain!

When you eat something sweet your body gets ready (and excited) for the sugar it is about to receive. When all it gets is an artificial sweetener, it is not satiated and continues to crave more sugar and carbs. This causes you to reach for sweet treats full of empty calories to satisfy a craving that artificial sweeteners can never fill.

My 15 page Guide to Natural Sugar Substitutes teaches you all about the nutrient profile of my favourite sugar substitutes, so not only are you satisfying that sweet craving with something meaningful, but you are also nourishing your body with the vitamins and minerals it craves.

My Guide to Natural Sugar Substitutes also contains 4 bonus recipes from Jesse Lane Wellness Cookbook: Healthy Dairy Free Desserts! I added these because I wanted to show you how easy it is to incorporate my favourite natural sugar substitutes into yummy desserts.

[Click Here to Learn More](#)

Healthy Dairy Free Desserts

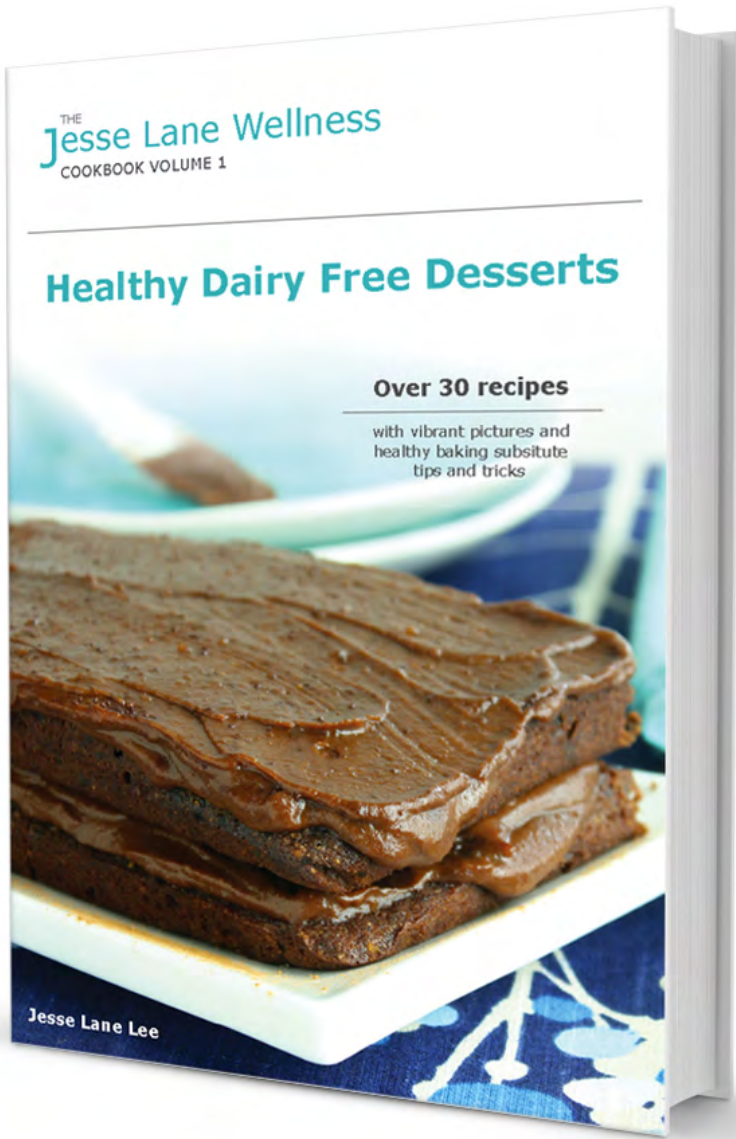
Can dessert recipes actually be healthy?

Let's be serious, dessert is still dessert, but this cookbook contains yummy dairy free dessert recipes that are so healthy you can enjoy them for breakfast!

The desserts are made using whole food ingredients that nourish your body and leave you feeling light and energized.

The recipes are also high in fiber, which is great because fiber slows down the release of sugar into the bloodstream. This helps avoid a sugar high, which is inevitably followed by a crash. Fiber basically makes sure your energy levels stay balanced.

Click Here to Learn More



In this cookbook, I teach you how to satisfy your sweet tooth without the guilt!

My recipe testing team of 30 people (who are regular people, not chefs or nutritionists) made sure that:

- Every recipe is easy to make with step by step instructions
- Recipes work every time, so you don't end up with a disappointing sweet mess
- Recipes are made with ingredients that are easy to find
- Desserts are so good your family won't guess they are enjoying a dessert that is healthy!



"The perfect dressing is essential to the perfect salad, and I see no reason whatsoever for using a bottled dressing, which may have been sitting on the grocery shelf for weeks, even months - even years." - Julia Child

Any recommendations in this guide are not meant to be considered medical advice; the author is not a doctor. Please discuss your personal health, including any options or ideas you get from this guide with your personal, qualified health practitioner before making changes to your diet or adjusting/discontinuing any medication. The author is not responsible for any adverse outcomes associated with using or misconstruing advice or information in this book.

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