

20 Ways to Build a Whole Food Kitchen on a Half Price Budget

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Food is expensive, and its only going up and up and up! If you don't believe you can afford to eat healthfully, consider the high price of being sick and lethargic. Calculate the cost of days missed from work for illness. Add up the price of having no energy to play with your kids or to do things that would help you to save money

I found a great article with 20 ways to eat better and whole foods on a budget. click the link below to see.

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(Picture Credit: [yurilong](#))