

# Top 8 Budget Friendly SUPER FOODS

## Salmon

Wild caught salmon in the frozen aisle of your local discount store is the way to keep this powerhouse inexpensive. Salmon is nutrient dense with protein, vitamins, minerals and good fats.

## Cauliflower

Modern recipes turn this nutrient rich cruciferous veggie into a substitute for mashed potatoes, creamy soups, and even buffalo chicken nuggets! It is not only filled with nutrients and fiber, but compounds that fight many diseases too.

## Coconut oil

Unlike vegetable oils, coconut oil stays stable at high temperatures so it is perfect for skillet frying. This fat revs metabolism and kills bacteria, viruses and fungi in our bodies. Plus it increases our good cholesterol.

## Eggs

Nature's multivitamin and perfect protein too. Eggs can be used at breakfast, lunch or dinner and are full of vitamins, minerals, protein and good fats.

## Berries

Low in sugar, but high in fiber, vitamin C, and cancer fighting polyphenols, berries are some of the healthiest fruits. Buy them frozen and in bulk to score these delicious dessert like fruits at a discount.

## Spinach

Add spinach to a smoothie, scramble, stir fry or eat in place of a salad. An excellent source of Vit K, C, A, folate, magnesium, iron and B vitamins. Raw or lightly steamed, you can't go wrong.

## Yams

Rich in potassium, manganese, Vit C, fiber, and antioxidants. Fried, mashed, baked, or roasted they are a wonderful complex carb to take the place of potatoes.

## Cabbage

The perfect substitute for noodles and rice in your favorite meals. Cabbage easily takes the flavors of your meal's seasonings. This superfood is full of fiber, Vit K, C, cancer-fighting antioxidants and anti-inflammatories.