



Frugal Living

• WORKSHOP •
AUG 10 | 7-9PM

You're here!

If you're here, You may already be...

Watching the Pennies

Eating lower priced food

Looking out for Specials



Comfort Zone
Is this Enough?
FED not Filled
Just Decide!



**Where Focus Goes
Energy Flows**

Eating Cleanly

8 Rules for eating well and keeping the cost down

Eat Real

Know where it came from – if you can imagine it coming out of the ground or off a tree or being raised on a farm and treated well, it's real

Choose One Ingredient

If the food has only one ingredient- like coconut cream or chicken

Eat Raw alive food

no packaging

Go organic

no pesticides or nasty chemicals – know where it was grown

Eating Cleanly

8 Rules for eating well and keeping the cost down

Eat what you can pronounce

if you know all the ingredients, it's probably clean

Prioritise plants

Vegetables are rich in vitamins, minerals, antioxidants and fibre

Give up processed food

in all it's forms

Cook at home

choose what goes into your body

Recovery & Rest



Recovery – 6 hours

Toxic overload

Whatever remains is Rest

Quality of Sleep

Inflammatory Foods & how to avoid them.

Changing your MIND



This is what we're taught

But this is how it Should look





First...

Let's make a Menu

Your Shopping List is made from this menu

Keep it simple, fresh and delicious



Morning

- Hydrate!
- Coconut Yoghurt
- Breakfast Ice-Cream
- Chia Seed Jam
- Smoothies



Extend Everything

Nut Milks & Butters & Cream

Oh My!

Breads & Crackers



Raw



Cauliflower Tabhouli

Colourful Coleslaw

Sprouts

Foraging

Every Morsel Matters

Fermented

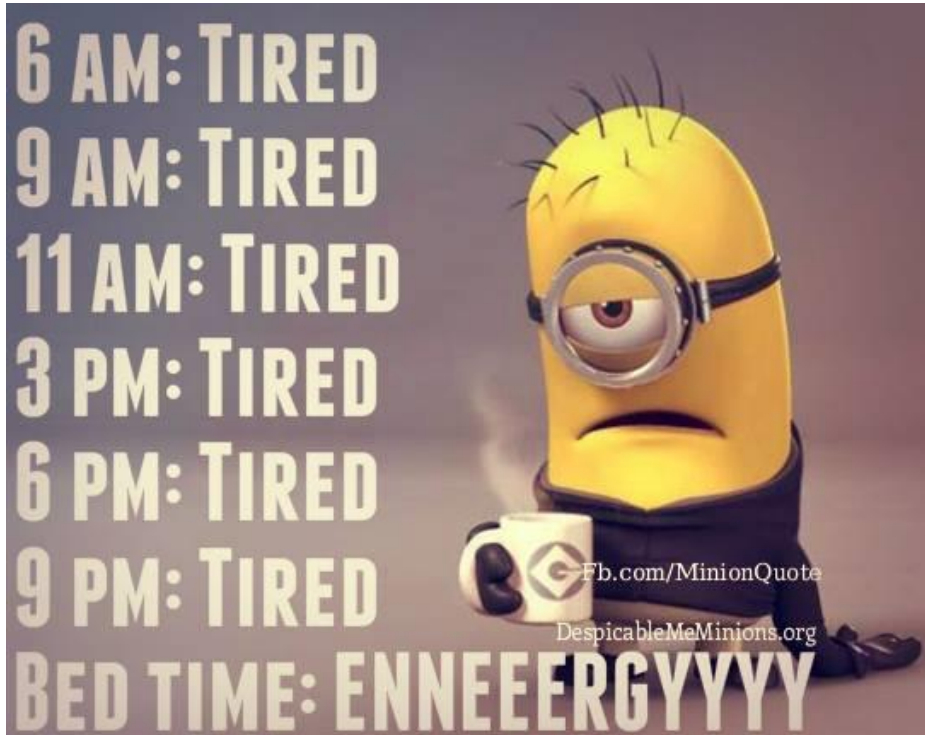
Preserved Lemons

Sauerkraut

Probiotics & Gut Health



Mid- Day



How Tired are you?

Really?

Listening to your body

Lunch Time Requests

To coffee or not to
Coffee

Shopping

Choose High Quality

Shop around

Look for Bargains



Kitchen

DISH CLOTHS

Use old Towels Or Crochet some!

SOAP

Keep a bar of soap above the sink and a towel handy

INFUSED VINEGARS

Only use white vinegar
For cleaning



Space for Sprouts

Keep a space that is out of direct sunlight for your sprouts – a living resource for your table

Under-Estimated Foods

Onion



Liver



Heart



Cook it

- Cauliflower Rice
- Bone Broth
- Butter Beef – badda boom
- Bok Choy with Garlic
- Meat Balls
- Roasted Chicken & Chicken Soup



Laundry

Keep it Simple

Lemon Oil on your doorways

Freshen your space

A Little Elbow Grease



Laundry

- Washing Liquid
- Washing Powder
- All Purpose Cleaner
- Window Cleaner
- Sink Cleaner
- Dish Washing Liquid
- Oven Cleaner



Bathroom

- Toothpaste
- Shaving Cream
- Body Butter
- Shampoo & Soap
- Infused Vinegars
- Safety Razors



Helpful Items

All you need

Is a Good Knife and a Chopping Board

But these also help...

- De-hydrator
- Food Processor

Surround yourself with
those who inspire you.

The people who bring out
the absolute best in you.

The kind of people who
force you to level up in
everything you do.

Thank you for coming

www.oakandthistle.co.nz

Your password for Frugal Living Resources
(in the members page) is:

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