



**HEALTHY EATING ON A BUDGET -
Minimalism - Frugal Living - Personal Finance -
Money Management - Part of my LIVE POOR
GET RICH PHILOSOPHY: Grocery Shopping ... /
Rice Rice Baby / and more colaboration)**

Dexter Poin

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AMAZON BEST SELLERS LIST 2014 RECIPIENT

My ultimate goal is to help people become their own nutritionist.

How to eat healthy while living on a shoestring budget?

THIS IS THE ONE THAT STARTED IT ALL.

We are what we eat.

This is the truth. my beliefs are that we all should strive to fuel our bodies with the best foods possible so that we can be the fittest, healthiest, most vibrant, people that our bodies will allow us to be.

NOT JUST ANOTHER STANDARD GUIDE ON LIVING FRUGAL

Your going to get something a bit different here, because I am actually going to converse with you based on what I am doing right now in real time. This is not just some high school report about how to budget your groceries into your life written by someone who isnt even doing it themselves.

TYPE HEALTHY EATING ON A BUDGET INTO YOUTUBE AND SEE WHAT I MEAN

By the time you are done reading this you are going to not only know how to shop for the best foods and keep them within your budget. But you are also going to learn how to be in tune with your body, and know exactly what it is that are the best sources for your body to burn as fuel in order to live and feel at your best.

This is more than just a book about grocery shopping on a budget.

Single people and families all can save hundreds of dollars
a month on groceries if they just learned more about their own bodies
and what it is that they personally run best on as far as fuel (food) goes.

These are my BIG 4 things I say to avoid.

- * **Processed foods**
- * **Refined sugars**
- * **Bad fats**
- * **Chemicals and preservatives**

*Once a person can eliminate those things from their life,
we will start to feel drastic changes in the way we feel,
and eventually even in the way we even look.*

*Even if you decide to not read my book at least take those
4 simple things and try and avoid them like the plague, and you
will be on the right track to a healthier way of eating.*

*But for those of you who are going to join me in this conversation,
I look forward to speaking with you on the other side. Remember, you
dont need to own a Kindle to read this eBook version.*

*Carpe diem
Dexter*

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