

*Gut Rescue*

# SAVVY SHOPPER GUIDE



**EFFORTLESSLY BANISH BLOATING, CRAVINGS, AND BELLY FAT**

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# How To Get Healthy Without Spending A Fortune

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It's a huge myth that leading a healthy lifestyle has to be expensive! The truth is living healthfully doesn't just save you a lot of money long-term (bye-bye sick days and doctors bills!), but it can also be affordable right now, no matter how tight your budget is.

**It's all about learning new money-saving strategies, finding out where you're throwing your money away, and prioritizing what's really important.**

Today, you're going to get a complete guide to every way we know to save money and spend wisely on a tight budget! From the coupons we use to the grocery store tricks we rely on, you'll learn it all!

(And make sure you don't miss our massive coupon list at the end of this guide. The value of those coupons are worth far more than the cost of this program!)

## Save Money On Groceries

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The most expensive part of a healthy lifestyle is usually investing in healthy food.

Yes, we said investing - because when you eat healthy food, you're setting yourself up for a longer, healthier life. That means fewer medical bills, less sick days off work, and more vitality long-term. Every penny spent now will be returned to you in a longer, happier life!

But that doesn't mean you want to spend your entire paycheck at the grocery store! Here are our tips for saving money on what you eat:

**Know the Dirty Dozen & Clean 15.** The [Environmental Working Group](#) publishes the "Dirty Dozen" and "Clean 15" lists every year (for free!). These are the ultimate guide to deciding what you should buy organic (that's the Dirty Dozen) and what you can buy conventionally to save money (the Clean 15). You don't have to go 100% organic as long as you have these lists and know what to prioritize to avoid microbiome damaging chemicals!

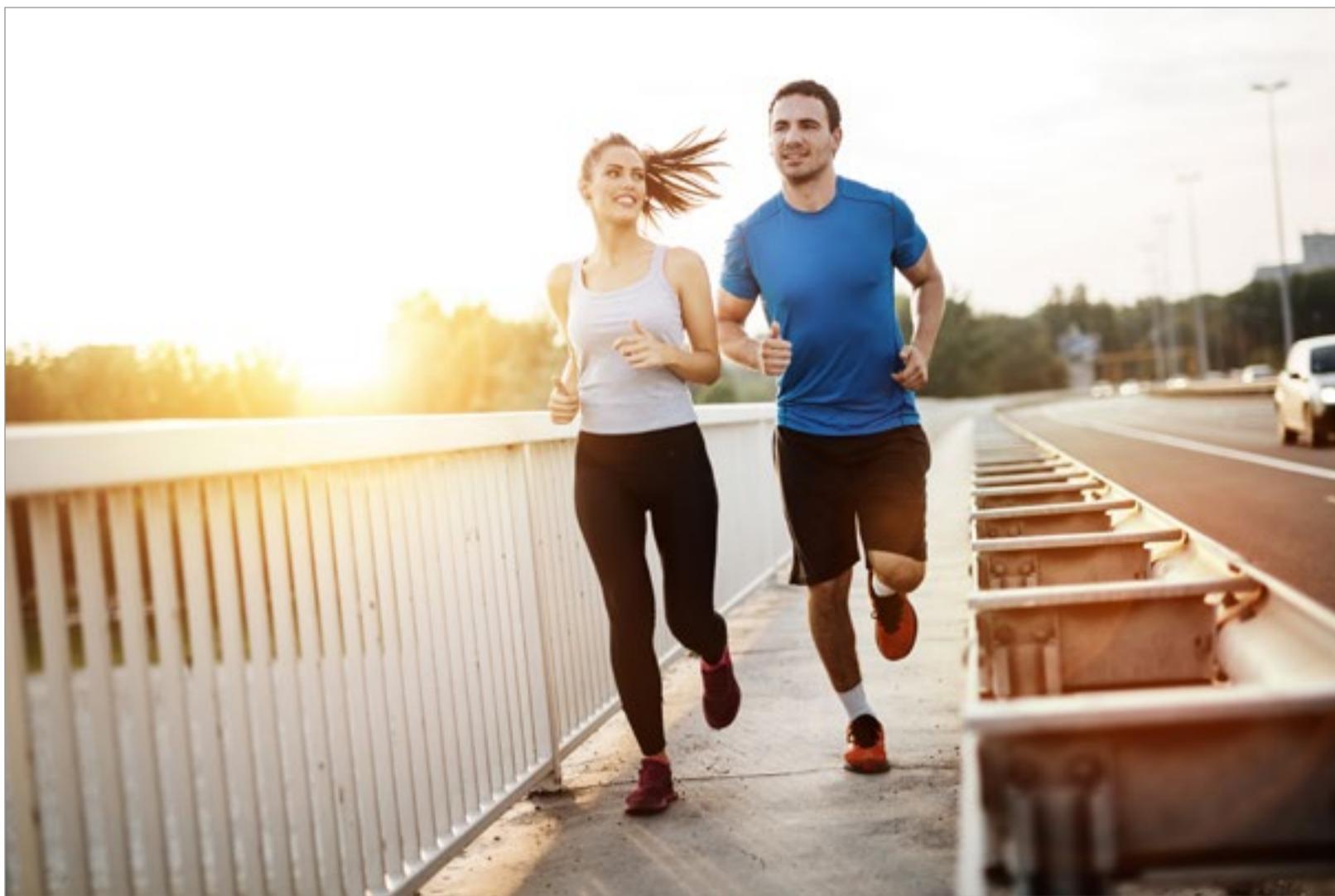
**Eat with the seasons.** You can save a lot of money (and eat better food!) by eating seasonally: that means the produce that is currently being harvested in your area. Not sure what foods are in season? Typically the produce with the LOWEST prices are what's fresh and in-season since stores have a higher quantity of these foods and they don't have to be shipped as far.

**Don't forget frozen and canned foods.** Flash frozen and simple canned foods can be just as healthy as fresh - and they can save you serious cash! Canned wild-caught seafood like salmon, sardines, and tuna all are low-cost meal options (plus they're nutrient-dense and taste great). Frozen organic veggies & fruits retain all their nutrients and make meal preparation fast and easy. Wholesale Clubs like Costco offer large selections of frozen organic produce, usually at lower prices than you'd pay for conventional produce at regular grocery stores.

**Don't be a slave to your list.** A classic money-saving tip is to write out a list and stick to it. But we actually think you SHOULDN'T do this! Instead, be willing to make swaps for what looks better or is on sale at the store. Planning to eat grass fed steak, but fresh salmon is on sale? Swap it out! The recipe calls for raspberries but there's a special on blueberries? That's an easy trade - and doing this regularly to capitalize on sales can save you significant cash long-term.

**Don't buy prepared foods.** It's super convenient to buy pre-washed salad or trimmed veggies - but it's a lot more expensive! A head of lettuce can be as little as \$1 whereas a pre-washed bag of chopped lettuce will be 3-4 times as much for significantly less lettuce! You can save a LOT of cash just by buying unwashed and unprepared veggies and doing the work at home. Take the time to wash and prep the veggies as soon as you get home from the store, and they'll be ready to go as soon as you need them.

**Don't forget the bulk bins.** You can save on dry goods like nuts, seeds, spices, dried beans, gluten-free grains, and more by shopping in the bulk section of your store. The added benefit here is that you only get the amount you need - so you'll never wind up with half used boxes and bottles in your cupboard!



## Save Money By Changing Up Your Habits

Your daily habits can cost a lot of money. Picking up coffee in the morning, eating out at lunch, and ordering takeout for dinner - it all adds up! But you have the power to shift your habits toward saving money.

The best part is that changing your habits won't just save you money, it will contribute to a healthier gut microbiome overall! That means you're saving money AND losing weight and gaining energy at the same time. Win-win.

Here are some ideas of how you can shift your habits in little ways to save a lot of money:

**Cancel your gym membership and get outside!** If you're paying for a gym membership every month (and maybe not even using it), cancel it right now. You do not need to be a slave to the gym to get a healthy microbiome, lose weight, and feel good. Exercise outdoors instead (walking, hiking, etc.). When the weather's poor, stay in and queue up a free yoga class online to do at home.

**Make your own cleaning products.** Now you know that antibacterial cleaners actually hurt the microbiome - so cross those off your shopping list. But the even better news is that you can make your own all-natural and super-effective cleaners at home for just pennies. Combine 1 part white vinegar with 1 part water in a spray bottle, add 10-15 drops of your favorite 100% pure essential oil, and you have a safe all-purpose cleaner. You'll save money and protect your family from harsh chemicals at the same time.

**Use up scraps and bones.** Homemade bone broth is a powerful gut-healing food and is basically FREE when you make it at home with leftover scraps and bones. Keep two bags in your freezer and add bones and meat scraps to one and veggies scraps (even carrot peels and the tops of onions work) to the other all week. When the bags are full, use them as the base of delicious and healing bone broth: just empty both bags into a large stockpot, cover with water, add sea salt, and simmer for 12-24 hours.

**Eat out less.** Eating out is far more expensive than cooking your own meals at home. And when you're choosing healthy restaurants, it gets even more expensive! Instead of picking up a \$15 salad for lunch, pack your own. The money you save eating out can be spent on higher-quality, tastier ingredients that make eating in more enjoyable. Instead of meeting friends for dinner and drinks, invite them over for a home-cooked meal.

**Make your own fermented foods.** High-quality fermented foods can be really pricey - but you don't have to pay! You can easily make fermented foods at home with just a couple key tools and a little time. To make sauerkraut, simply combine one chopped head of organic cabbage with 1.5 tablespoons of sea salt in a mixing bowl. Massage the salt into the cabbage until liquid is released (this can take a few minutes). Once the liquid has released, pour the cabbage and liquid into a clean jar and push down so that all the cabbage is covered with the liquid. Cover the jar with cheesecloth and let sit at room temperature for 3-5 days to ferment. Then cover with a lid and store in the fridge.

**Walk & bike more.** Walking and biking more doesn't just save you money in gas and public transport fares - it's a great way to get microbiome-healing time outside and gentle exercise at the same time. Walking and biking can also open your eyes to new possibilities in your area: who knew that bike path could take you to work so easily? Suddenly walking to the market with your husband is a date instead of a chore.

# Save Money By Shopping Online & With Subscriptions

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Becoming a smart online shopper can save you TONS of money and get you access to some of the best and most innovative health products that aren't being sold in stores near you.

Plus, shopping online saves tons of time, too. Subscription services can auto-deliver exactly the products you want to your doorstep every month (or any time interval you choose)... and that's just the beginning!

In this section, we also share our ultra-valuable top-secret coupon list! This is where you can cash in all the exclusive offers we use to save money on healthy products.

**Become a member to save.** Online wholesale clubs, like [Thrive Market](#), that sell healthy products at discounted prices are one of the best ways to save money. A membership costs a little up-front, but you'll save enough in just a couple purchases to reimburse yourself! Plus, online ordering and free shipping make joining a time AND money saver.

**Join a CSA.** CSA stands for Community Supported Agriculture - these are groups of local farmers who sell their products directly to people like you - typically for much less than what you'd pay at the grocery store. Usually, you get a weekly delivery of whatever's fresh and in season in your area. [Find a CSA near you HERE.](#)

**Eat ugly produce.** Every week, thousands of pounds of produce are thrown away just because they are "ugly." Grocery stores don't like to stock any fruits or veggies that are misshapen - even if they taste perfectly good! Ask your produce grocer if they have anything discounted because it's "ugly" or sign up at [imperfectproduce.com](#) for a weekly delivery of produce direct to your door (at a fraction of grocery store prices!)

**Get a meat subscription.** High-quality meat is one of the most expensive items you'll purchase regularly. Luckily, subscription services can save money by letting you skip the grocery-store middleman. A subscription with [Butcher Box](#) lets you pick exactly what and when you want grass-fed and pasture-raised meat and wild-caught seafood delivered to your door. Plus, you'll pay less than you would in-store!

**Stock up on your favorite snacks.** When you're stuck at work, in traffic, or traveling and get hungry, it's easy to drop cash on an expensive meal (or impulsively buy snacks that can hurt your microbiome!). Get ahead of this problem by stocking up on healthy snacks like [Grass Fed Beef Sticks](#). You'll save by buying multiple packs at a time and can stash them in your car, purse, backpack, and desk drawer.

**Use coupon codes.** One of the best things about shopping online is the ability to use coupon codes to save money! We've done the work for you and rounded up as many discounts as we could find to save you money right now!

# Gut Rescue Exclusive Discounts

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## Subscription Services We Love

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### Meat & Seafood Delivered Monthly To Your Door

Create a customized box of grass-fed beef, organic chicken, pork, and wild-caught seafood, then have [Butcher Box](#) deliver it straight to your door. You'll always have a variety of healthy proteins on hand to create the perfect gut-healing meal. *Gut Rescue Challenge Members get free bacon and \$20 off their first order.*

### The Highest-Quality Meat at the Lowest Prices You've Ever Seen

Save money on 100% grass-fed and pastured meat without compromising your morals with [Wild Pastures](#) meat delivery service. You'll get sustainably-produced, American-grown, humanely-farmed meat at below-retail prices. *Gut Rescue Challenge Members get \$20 off their first order.*

### Save Time & Money With This Health Food Online Warehouse

Low prices, fast shipping, and the healthiest products: that's what [Thrive Market](#) delivers. This online warehouse sells members the same products they'd find at Whole Foods and other natural grocers for a fraction of the price. Subscription options make it easy to keep your pantry stocked. *Gut Rescue Challenge Members get a free trial membership and an extra 25% off their first order.*

## Pantry Staples To Stock Up On

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### Mineral-Rich, All-Natural Pure Sea Salt

Salt can be a powerful health food - but only when it's all-natural, unrefined sea salt that is rich in minerals. [Colima Sea Salt](#) is harvested in Mexico and tested to be rich in more than 80 minerals and free of microplastics. Not only is this salt actually good for you - it tastes incredible and enhances the flavor of anything you add it to. Gut Rescue Challenge Members get 50% off the retail price + Free Shipping automatically applied at checkout.

### Cold-Pressed & Organic Avocado Oil For Cooking & Baking

[Ava Jane's](#) avocado oil is the ideal substitute for unhealthy vegetable oils. It's cold-pressed and liquid at room temperature, but safe for high heat use (even frying and grilling!) with a mellow, buttery flavor you'll love. Ava Jane's makes the highest quality avocado oil from fresh, ripe avocados only. Gut Rescue Challenge Members can get a free bottle of oil with no commitment (just pay the shipping and handling).

### 100% Real Extra Virgin Olive Oil

You might not know this, but most extra-virgin olive oil is fake! The only way to ensure you're buying real olive oil is to go with a brand that gets their oil independently lab certified like the [Fresh-Pressed Olive Oil Club](#) does. Don't compromise your health with dangerous fake olive oil! Get the real deal by joining the Olive Oil Club. Gut Rescue Member Challenge members can get a trial bottle of oil for just \$1 when they try a membership.

### Better Than Homemade Bone Broth

For times when you can't make your own gut-healing bone broth (or just to keep on hand for emergencies) there's [Kettle & Fire Bone Broth](#). It's made the same way you'd make it at home: slow-simmered. Organic bones and veggies create a nutrient-rich delicious broth. It's shelf-stable and keeps fresh for years, so you can stock up and always have a supply on hand. Gut Rescue Challenge members get 15% off with code: GUTRESCUEPROTOCOL

### Probiotic and Protein Rich Portable Snacks

100% Grass Fed Beef Sticks by [Paleovalley](#) are the perfect gut-healing snack for on the go. There are 7 delicious, gut-friendly flavors that each pack on average 1 million CFUs of probiotics, 7 grams of protein, and 0 grams of sugar. Keep these in your purse, desk drawer, and car for an on-the-go healthy snack. Gut Rescue Challenge members get 10% off with code: GUTRESCUE10

# The Best Gut Rescue Approved Drinks

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## Delicious Gut Healing Instant Hot & Cold Teas

[Pique Tea](#) is the creator of the world's first ever Cold Brew Tea Crystals designed for improved gut health. These delicious teas deliver up to 12 times as many antioxidants as other teas and are Triple-Toxin-Screened for heavy metals, pesticides, and toxic mold. The crystals dissolve instantly in hot or cold water, making them ideal for travel and work. *Up to 20 % off applied automatically at checkout.*

## Mushroom-Based Drinks For Energy, Focus, & Better Sleep

Mushrooms have been used as drinks for focus, sleep, and energy for thousands of years. [Four Sigmatic](#) makes it easy and delicious to enjoy the health benefits of medicinal mushrooms with gut-healthy cacao, coffee, and mushroom elixirs. With Matcha, Chocolate, and Coffee blends, you're covered whether you need help winding down or waking up. Gut Rescue Challenge members get 15% off with code: GUTRESCUE

## Mold-Free Antioxidant-Rich Organic Coffee

[Kion Coffee](#) doesn't just taste incredible - it has 4 times as many gut-healing antioxidants as other organic coffees and is 100% free of the mold and mycotoxin that make other coffees toxic to your gut. Each batch is hand-selected, roasted the scientifically proven optimum amount, then shipped fresh to you. *Up to 16% off applied automatically at checkout.*

## Organic, Low-Sugar Wines That Won't Cause Hangovers

[Dry Farm Wine](#) is the ONLY wine club that is health-focused. They find organic, low-sugar, additive-free wine that you can drink without further damaging the microbiome (or waking up with a headache). You can enjoy a glass of wine while healing your gut, as long as it's Dry Farm Wine! Gut Rescue members get a bonus bottle of natural wine for just 1 cent with their first order.

# Powerful Gut Healing Supplements

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## Research-Backed Soil Based Probiotic With Antioxidants

The heavily researched [Just Thrive Probiotic](#) reconditions your gut microbiome with specially selected probiotic strains that help your gut heal and recover from damage. But it doesn't just provide your gut with good bacteria: it also delivers antioxidants directly to the gut to speed healing. *Gut Rescue Challenge members get 10% off with code: GUTRESCUE*

## Doctor-Developed Supplement to Treat The Root Cause Of Bloating

[Atrantil](#) treats the root cause of bloating, gas, and other stomach problems: an overgrowth of the wrong bacteria in the gut! Use this supplement to balance your gut flora and feel slimmer instantly as bloating disappears. *Gut Rescue Challenge members get 10% off with code: GUTRESCUE*

## Boost Digestion, Lose Weight & Balance Blood Sugar With This Blend of Superfoods

Apple Cider Vinegar helps lower blood sugar, promotes weight loss, and powers digestion. In this powerful supplement by [Paleovalley](#), ACV is blended with other gut-healing superfoods: lemon, ginger, cinnamon, and turmeric to support healing the microbiome and losing weight. *Gut Rescue Challenge members get 10% off with code: GUTRESCUE10*

## Powerful Digestive Enzymes To Stop Gas & Bloating

Enzymes help your body break down and digest food. Your body should produce enzymes on its own - but when your microbiome is damaged, you won't produce enough. The result is gas, bloating, and discomfort when you eat. The solution is taking a powerful digestive enzyme supplement like [Masszymes](#). Try Masszymes today and save up to 38%! *Discount automatically applied at checkout.*

## Don't Forget: You're Investing in YOU

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Remember that there is no better way you could spend money than on investing in YOU. Being healthy allows you to be 100% present and full give YOUR unique gifts to the world. You deserve to feel and look great - so you can DO more good!

We hope these tips help you stay healthy & on budget.

*Gut Rescue*

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