

A close-up photograph of a piece of grilled salmon on a black grill. The salmon is cooked to a golden-brown color with some charred spots. It is garnished with fresh tomatoes and a small piece of white cheese. The background is dark and out of focus.

BODYTEK FITNESS KETO PLAN

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Low carb and keto on a budget

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People often think eating **low carb** and **keto** is expensive. But it really doesn't have to be. Check out our money-saving tips and budget-friendly recipes below.

[Keto: The Complete Guide to Success on The Ketogenic Diet](#)

[Keto: A Woman's Guide: The Groundbreaking Program for Effective Fat-Burning, Weight Loss & Hormonal Balance](#)

[Keto: Simply Ketogenic Diet for Beginners: Guide to Ketogenic Diet for Beginners, +350 Easy Keto Recipes And 21 Day Meal Plan for Guaranteed Weight Loss](#)



Remember that you should eat roughly equal amounts of protein (meat, poultry, fish, seafood, eggs, dairy etc.) as you did before. The main change should be to lower your intake of carbohydrates and, in order to stay satiated, increase your intake of fat. If you're wondering how to do that, please see our guide on [how to eat more fat](#).



Eating more fat keeps you satiated for longer which means you can go longer between meals. Not having to snack constantly to keep hunger at bay is a saving tip all on its own.

This matters, as some protein tends to be relatively expensive compared to other food. Don't buy more meat than before, especially not if you're on a budget. You don't need it. Use the tips below instead.

Money-saving tips

Money-saving tips

- Keep it simple. A meal doesn't have to consist of many different elements. The fewer ingredients you need, the less money you'll spend on buying them, right? Our [keto cheese omelet](#) is a great example of that. If you have water with that meal, it'll cost about \$3.50 or just under 3€. Compare that to a Big Mac that costs around \$5 (4.2€).
- Use fresh vegetables when they are in season, buy frozen the rest of the year ([low-carb vegetables guide](#)).
- It's usually a better deal to buy a whole chicken and to cut it into pieces yourself. Don't throw away the carcass. You can use it to make chicken broth.
- Look for deals at your grocery store and stock up on things you tend to use a lot of.
- Learn more about this in our guide on [how to make low carb and keto cheaper](#).