Want to know how to grocery shop on a budget without giving up your favorite flavors? We’ve compiled some of the best, most delicious ways to save your food budget. From food budgeting tips to buying groceries on a budget, to money-saving meal prep recipes and tips for reducing food waste, we’ve got your guide to making your food dollars go further.  
  
  
  
MAKE YOUR FAVORITE TAKEOUT MEALS AT HOME  
  
Eliminate delivery fees and save gas by making your favorite takeout meals at home. Try our mouthwatering homemade dinner recipes like this Firecracker Shrimp or this deliciously convenient Pressure Cooker Chicken Tikka Masala with Basmati Rice, and enjoy the tastes you love without the added cost.  
  
  
  
BATCH COOKING  
  
Batch cooking is an easy meal prep idea that can make the most of ingredients at the end of their lifecycle. Produce that is near expiration can be used in big batch recipes and frozen for later. This reduces food waste by saving limp produce from the garbage, while saving you time and money. (Batch cooking is one of our favorite budgeting tips!) Try it out with these flavorful meal prep recipes. Make up a double batch of the meat mixture for these Jamaican Jerk Chicken Tacos and freeze it for use as needed. And whip up a few of these tasty Chicken Bacon Ranch Pizzas for future lunches and dinners.  
  
  
  
GIVE MEATLESS MONDAYS A TRY  
  
Meat is one of the most expensive items in the grocery store, and when you’re buying groceries on a budget, it can really break the bank. Pick one day a week to go meatless and save money without sacrificing flavor with delicious plant-based recipes. Give this Vegetarian One-Skillet Mexican Rice a try this weekend, or dig into this Roasted Rainbow Cauliflower Orzo Salad for dinner tonight.  
  
  
  
MAKE YOUR OWN SAUCES  
  
A delicious budgeting tip that everyone can implement is making your own sauces. Ready-made pasta sauces and condiments increase your grocery bill quickly. Making homemade sauces allows you to add your own flavorful spin without breaking the bank. Elevate your favorite pasta with this delicious Marinara Sauce recipe or top your favorite fish with our Homemade Tartar Sauce recipe.  
  
  
  
PRACTICE MEAL PREP  
  
There are several approaches to meal prepping. Whether you prefer to prep large batches to freeze for later, or individual servings for lunches, dinner, and even breakfasts, preparing your meals ahead of time not only saves you time and money but also reduces food waste. Meal prepping is ideal for those buying groceries on a budget. Here are some easy meal prep ideas and meal prep recipes to get you started.  
  
  
  
FROZEN VERSUS FRESH  
  
Food waste is a huge drain on food budgets. Using frozen ingredients allows you to use what you need, when you need it, while meal prepping forces you to use the foods you buy and not let them go to waste. Here are some more ideas for eliminating food waste.  
  
By taking advantage of simple budgeting tips, easy meal prep recipes, cooking takeout favorites at home, and incorporating plant-based recipes, you can maximize your food budget without giving up the dishes you enjoy. And by planning ahead for your leftovers and over-ripe produce, you can eliminate food waste as well.