

SPLURGE-WORTHY INGREDIENTS

- Balsamic vinegar (spend closer to \$20 than \$2)
- Extra-virgin olive oil (ditto)
- Whole pieces of Parmesan
- Oil-packed tuna
- Meat from a good butcher
- Responsibly sourced fish
- Fresh lemons and limes
- **BONUS:** Pure vanilla extract, luxury ice cream.

For everything else, buy no-name or what's on sale!