

Budget-Friendly Grocery List

PLANT PROTEINS

- Dried beans (black, chickpeas)
 - Huge value for cost
- Lentils (brown, green, red)
 - Fast-cooking, versatile
- Tofu (especially firm tofu blocks)
 - Affordable plant protein

CANNED STAPLES

- Canned beans
 - Rinse to lower sodium
- Canned tuna or salmon (in water)
- Canned tomatoes
 - Diced, crushed, paste

PANTRY ESSENTIALS

- Olive oil or canola oil
- Basic spices
 - Cumin, paprika, garlic powder
- Tortillas
 - Versatile and affordable
- Popcorn kernels
 - Cheap, whole grain snack

WHOLE GRAINS

- Brown rice
- Old-fashioned oats
- Whole-wheat pasta

FROZEN ITEMS

- Frozen mixed vegetables
- Frozen spinach or broccoli
- Frozen berries

AFFORDABLE FRESH PRODUCE

- Cabbage
 - Lasts weeks in the fridge
- Carrots
 - Cheap, long-lasting
- Bananas
- Seasonal fruits

NOTES

- Eggs and Meat
 - Use sparingly to stay within budget

Ex: One package of chicken thighs can go into several meals.

*Smart shopping fuels
a healthier you!*



Nutritional Glo