Budget-Friendly Grocery List

**Veggies**
- Root Vegetables (ex. Carrots, Onions, Radishes, Taro, or Potatoes/Yams)
- Frozen/Canned Vegetables (ex. Corn, Okra or Stir-Fry Veggies)
- Fresh Vegetables (Kohlrabi, Bokchoy, or Spinach)

**Fruits**
- Fresh Fruits (ex. Apples, Bananas, Brown Pear, Pluots, Melon, or Kiwi)
- Dried Fruits (ex. Raisins, Dates, or Apricots)
- Citrus Fruits (ex. Oranges, or Limes)
- Frozen/Canned Fruits (ex. Berries, Peaches, or Mangos)

**Grains**
- Oats
- Cereal
- White or Brown Rice
- Pasta or Noodles
- Tortillas
- Bread Loaf (ex. Whole Wheat or Multigrain)
- Naan or Roti

**Protein**
- Eggs
- Peanut/Nut Butters
- Nuts & Seeds (Mixed Nuts or Sunflower Seeds)
- Lentils & Beans
- Tofu
- Canned Tuna or Salmon
- Frozen Fish/Seafood (ex. Tilapia or Shrimp)
- Canned/Frozen Meats

**Dairy**
- Yogurt (ex. Dairy or Non-Dairy)
- Cheese
- Milk or Milk Alternatives (ex. Soy or Almond Milk)
- Shelf Stable Milk or Milk Alternatives

**Other**
- Seasoning and Herbs (ex. Lime/Lemon Juice, Garlic, Curry Leaves, or Ginger)
- Dried Spices (ex. Basil, Rosemary, or Parsley)
- Broth or Stock
- Oil (ex. Canola or Olive Oil)
- Canned Sauce (Pasta Sauce, or Salsa)
- Condiments (ex. Ketchup or Hot Sauce)

Additional items I would like to buy:

A simple & affordable grocery list for you...