

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 (KOHIRABI, 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 MANGOES)

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...



HEALTH
PROMOTION
& WELLNESS

