

# CHEAP HEALTHY GROCERY LIST

## DRY GOODS

- Canned Beans
- Bread
- White Rice
- All purpose Seasoning
- Flour
- Pasta
- Lentils
- Oats
- Ramen

## DAIRY

- Eggs
- Milk
- Yogurt
- Cottage Cheese

## MEAT

- Ground beef
- Boneless skinless chicken breasts (family size package)
- Canned Tuna
- Ground Turkey
- Pork - pork loin or pork butt roast

## PRODUCE

- Cabbage
- Lettuce
- Potatoes
- Sweet Potato
- Zucchini
- Chickpeas
- Spinach
- Carrots
- Onions
- Bell Peppers
- Canned Tomatoes
- Cucumbers
- Mushrooms
- Oranges
- Bananas
- Apples

## FROZEN

- Frozen French Fries
- Frozen Vegetables
- Mac & Cheese
- Frozen Pizza

## SNACKS

- Generic brand cookies
- Microwave popcorn
- Generic brand snack foods

## PANTRY

- Chicken Broth
- Salad dressing (or ingredients to make your own)
- Peanut Butter
- BBQ Sauce
- Salt
- Pepper
- Garlic Powder
- Onion Powder
- Season Salt
- Dried Oregano
- Dried Parsley
- Dried Basil



# MEAL PLANNER

DATES: \_\_\_\_\_

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

DON'T FORGET...

