

Budget Grocery List

PANTRY STAPLES

- Rice (white or brown)
- Dried pasta
- Oats (quick or rolled)
- Flour & sugar
- Cooking oil
- Salt & pepper

💡 *Garlic powder, onion powder, chili powder, Italian seasoning*

FRESH PRODUCE

- Potatoes
- Onions
- Carrots
- Seasonal produce (on sale)
- Bananas or apples
- Garlic

💡 *The "power trio" for every meal!*

DRY GOODS

- Dry beans (pinto, black, etc.)
- Lentils
- Breadcrumbs or crackers

💡 *Cook beans in bulk & freeze!*

MEATS & PROTEIN

- Chicken thighs
- Ground beef or turkey
- Whole chicken (if on sale)
- Pork chops or sausage

💡 *Thighs over breasts = savings!*

CANNED GOODS

- Canned tomatoes
- Tomato paste/sauce
- Canned beans (backup option)
- Broth or stock

FROZEN FOODS

- Mixed vegetables
- Peas, corn, green beans
- Frozen fruit (for smoothies)

💡 *Just as nutritious, less waste!*

DAIRY

- Milk
- Eggs
- Butter or margarine
- Block cheese (cheddar, etc.)

💡 *Shred your own & freeze!*

💰 MONEY-SAVING TIPS

- ✓ Choose store brands
- ✓ Batch cook rice, beans, chicken
- ✓ Use your freezer to prevent waste
- ✓ Stretch ground meat with lentils
- ✓ Buy in bulk when on sale
- ✓ Make your own spice blends

