

Budget Grocery Shopping List

* Pricing is estimated and may vary based on product and store.

high protein Good source of protein

high fat Good source of fat

high fiber Good source of fiber

high value Nutrient dense food item, may be higher cost



Opt for frozen or canned fruits and vegetables for lower cost and convenience with the same nutritional value.

Blend into smoothies, add to yogurt, or steam for cooking. Don't forget to wash your fresh produce before eating!

Produce



Avocados \$0.50 per serving*

Creamy texture, rich in healthy fats, vitamins, and minerals. Add to toast, salads, or smoothies.

high fat

high value

Bananas \$0.30 per serving*

Rich in potassium and easy to digest.

Apples \$1.99 per pound*

Portable and provide a source of fiber and vitamins.

Potatoes & Sweet Potatoes

Nutrient-dense. Roast, bake, or mash for easy meals.

Root Vegetables

Carrots, beets, and turnips. Store well. Roast, add to soups, or steam.

Leafy Greens \$1.99 per serving*

Spinach, kale, and collard greens. Packed with vitamins and minerals. Use in salads, smoothies, or stir-fries.

Salad kits

Easy meals. Look for sale items. Top with canned tuna, chicken, or beans for some added protein.

Snacks

Nuts & Seeds \$0.39 per serving*

Healthy fats, protein, and fiber. Snack on them or add to salads and yogurt.

high fiber

high fat

high protein

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Trail mix

Tasty mixes of nuts, dried fruits, crackers, candy, etc.

high fiber

high fat

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Granola bars

Choose soft and chewy style if you have mouth pain.

Dried Fruits

High in fiber and nutrients, snack on them or add to yogurt and oatmeal.

high fiber

high value

Hummus

Enjoy with crackers or veggie sticks.

high fat

high protein

high value

Protein bars

high protein

Mini Muffins



For a sore mouth or throat, try sucking on frozen bites of fruit. Cold foods can provide soothing relief.

Meat, Seafood, and Alternatives

Ground Meat (Chicken/Turkey/Beef)

Versatile and lean protein source for burgers, meatloaf, or tacos.

high protein

high value

Frozen Chicken Wings/Drumsticks

Bake or grill for protein and variety.

high protein

Fish \$1 - \$2.50 per serving*

Salmon, mackerel, sardines, and tuna all provide high levels of omega-3 fatty acids. Opt for canned fish (tuna, sardines, or salmon) for lower-cost options.

high fat

high protein

high value

Tofu

Vegetarian/vegan protein source made from soybeans, high in protein, low in fat. Use tofu in stir-fry, scrambles, add to smoothies and more.

high protein



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