

Comfort Cuisine

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

high value

Trail mix

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

high fiber

high fat

high protein

high value

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



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-frys, scrambles, add to smoothies and more.

high protein



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Canned, Jarred, and Dry Goods

Dry/Canned Lentils & Beans *\$0.40 per serving**

Versatile for soups, stews, dips, and salads.

high fiber

high protein

high value

Canned Tomatoes

Base for soups, stews, and pasta sauces.

Canned Soups

Ready to eat and soft food option. Opt for lower sodium options that have vegetables and protein for more nutritional value.

high value



Peanut Butter

Add to smoothies, sandwiches, or snacks. Peanut butter works great with carrots, celery, rice cakes, and crackers.

high fat

high protein

high value

Olive Oil

Use for cooking, salad dressings, or dips. Choose extra virgin for best quality.

high fat

high value

Brown Rice *\$0.99 per pound**

Whole-grain option with fiber and nutrients. Consider buying in bulk for cost savings.

high fiber

high value

Oatmeal

Provides sustained energy, fiber, and vitamins. Look for rolled oats for a more affordable option. Instant oats offer a convenient option for hot breakfast or snacks, but may be more costly. Choose varieties with minimal added sugars.

high fiber

high value



Whole-Wheat Bread

Good source of fiber and B vitamins. Choose varieties with minimal added sugars.

high fiber

Pasta

Opt for whole-wheat or lentil pasta for added fiber and protein.



Farro or Quinoa *\$0.45 - \$0.65 per serving**

Swap out your rice to change things up with this grain, high in antioxidants, vitamins, and minerals.

high fiber

high protein

high value

Dried Herbs & Spices

Add flavor and variety to meals without adding sodium.

Dairy** and Eggs

Eggs *\$0.42 per serving**

Easy to prepare, and rich in protein, healthy fats, and vitamins.

high protein

high value

Cottage Cheese *\$1.28 per serving**

Easy to eat solo or in dishes like lasagnas, pancakes, or on top of crackers.

high protein

high value

Yogurt *\$0.80 - \$1.50 per serving**

Good protein source with calcium, vitamin D, and gut support. Add your own fruit or nuts for extra protein and gut health benefits. Choose varieties with minimal added sugars. Opt for Greek yogurt for more protein.

high protein

high value

Cow or Goat Milk

Provides protein and calcium. Consider non-refrigerated or shelf-stable options for longer storage.

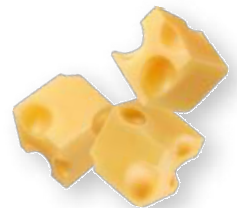
Nut Milks

Almond, cashew, and coconut. High-fat alternatives to cow's milk.

high fat

Soy Milk

high protein



Cheese *\$0.35 per serving**

Cheese slices for sandwiches, cheese sticks for snacking and on-the-go, shredded cheese for melting onto foods, adding to salads, etc.

high fat

high protein

high value

** Use full-fat/whole milk options for more calories if needed.

Additional Tips:

- **Plan meals ahead:** Create a weekly menu to ensure you have ingredients for easy meals and snacks. Ask your caregiver, family or friends to help in meal planning, shopping and preparation.
- **Shop sales and use coupons.**
- **Bulk up on staples:** Buying staple items in bulk can be more cost-effective.
- **Consider food pantries and assistance programs.** Many resources are available to help patients access affordable food.
- **Shop at lower-cost stores** such as Dollar Tree, Dollar General, Family Dollar, Aldi, and Walmart.
- **Choose generic brands** that are often lower in cost.
- **Try to buy produce that is in season** to lower the cost.