Cheap Healthy Grocery List

Printable budget checklist · Pre-filled staples

Dishco
Alani lifestyle

PROTEINS THAT STRETCH

- [x] Eggs (a dozen)
- [x] Dry lentils or canned beans
- [ ] Chicken thighs (bone-in or boneless)
- [ ] Canned tuna packed in water
- [ ] Tofu (optional)

PRODUCE (FRESH + FROZEN)

- [x] Bananas
- [x] Carrots, onions, potatoes, cabbage
- [x] Frozen broccoli or mixed vegetables
- [ ] Optional seasonal fruit (when sticker i…
- [ ] Cucumbers or leafy greens (optional)

GRAINS & PANTRY

- [x] Rolled oats (store brand)
- [x] Brown rice or another whole grain
- [ ] Store-brand pasta
- [x] Canned tomatoes (diced or crushed)
- [ ] Dry beans or lentils (if not above)

DAIRY & EGGS

- [ ] Eggs (if skipped above)
- [x] Plain yogurt (store brand)
- [ ] Milk or fortified unsweetened alternati…
- [ ] Cheese you enjoy, portioned

FATS & FLAVOR

- [x] Peanut butter or other nut butter
- [x] Olive or canola oil
- [ ] Salt, pepper, garlic powder, chili, cum…
- [ ] Vinegar, lemon, hot sauce, or salsa

Tip: Plan 4-6 dinners first, check the fridge, then shop once by aisle. Prices vary by store.