



BUDGET FRIENDLY GROCERY LIST

Buy produce in season to save money on groceries



PROTEIN/FATS

- Tofu
- Eggs
- Canned/pouch tuna or salmon
- Ground chicken/turkey
- Frozen fish/chicken
- Dried beans or boxed/canned beans, lentils and peas (also carbs)
- Hummus
- Tahini
- Nut-based butters
- Dried nuts (unsalted)
- Nut/fruit bars
- Dairy/plant-based milk+ yogurt
- Cheese/dairy-free cheese

CARBS

- Whole grain pasta
- Rice
- Flour
- Oatmeal
- Whole grain cereal
- Frozen or canned fruits
- Summer - blackberries, blueberries, peaches, plums
- Spring - apricots, avocado, strawberries
- Fall - kiwi, pears
- Winter - grapefruit, oranges

VEGETABLES

STARCHY + NON-STARCHY

- Summer - summer squash, eggplant, green beans, zucchini
- Spring - broccoli, artichokes, asparagus
- Fall - sweet pot, turnips, yams, swiss chard
- Winter - winter squash, potatoes, pumpkins



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