

Healthy Eating on a Budget

Eating healthy does not have to be expensive! With a little bit of planning, you can walk out of a grocery store with healthy and nutritious food, while also saving money.

Shopping Tips:

- Make a list and stick to it
- Shop the sales
- Buy generic
- Buy frozen
- Buy in bulk
- Avoid the middle of the store
- Don't shop hungry
- Avoid convenient stores when possible
- Shop in season
- Add vegetarian and meatless options
- Know your budget



Healthy food options under \$1 per serving

Grains	Vegetables	Fruits	Protein
Oats Whole grain pasta Brown rice Barley Cornmeal/grits	Kale Cabbage Potatoes Romaine lettuce Cauliflower Carrots Zucchini Cucumber Corn	Apples Bananas Watermelon Melons Oranges Grapes	Eggs Peanut butter Mixed nuts Lentils Beans

1-day sample meal plan:

Breakfast: Oatmeal with frozen berries and peanut butter

Lunch: Bean and veggie burrito bowl, fruit

Dinner: Whole-wheat spaghetti and meatballs

Snack: Apple with peanut butter, mixed nuts



CREATE A GROCERY GAME PLAN

WEEKLY CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

NOTES:
