

SHOPPING LIST

BUDGET
FRIENDLY
HEALTHY EATING

FRUITS/ VEGETABLES:

- o Lettuce
- o Diced Tomatoes
- o Corn
- o Topping for Pizza
- o Seasonal Vegetables
- o Seasonal Fruits

SAUCES / TOPPINGS:

- o Marinara Pasta Sauce
- o Bolthouse Salad Dressing
- o Soy Sauce
- o Salsa
- o Mozzarella & Reduced Fat Cheese
- o Greek Yogurt

STARCHES:

- o Whole Wheat Pasta
- o Corn Tortillas
- o Potatoes
- o Brown or White Rice
- o Beans (Kidney, Pinto, Black)

PROTEINS:

- o Lean Ground Turkey
- o Chicken Breasts
- o Eggs

SPICES/SEASONINGS:

- o Taco Seasoning
- o Cumin
- o Chili Powder
- o Garlic Salt
- o Dried Oregano
- o Fresh Garlic