

# Health On A Budget

# GROCERY LIST

## PERISHABLES

- 32 oz Plain Low-Fat Greek Yogurt: \$3.85
- 2 Roma Tomatoes \$0.20
- 2 Green Onion Stalk \$0.50
- 12 oz Frozen Atlantic Salmon \$7.99
- 1 lb Granny Smith Apples \$0.99
- 1 Dozen Medium Eggs \$0.55
- 12 oz Shredded Cheddar Cheese \$1.69
- 1 Bell Pepper \$0.59
- 2 Medium Sized Sweet Potatoes \$1.50
- 1 Package Romaine Lettuce \$1.29
- 16 oz Ground Turkey \$2.19
- 10 oz Frozen Carrot/Broccoli/Cauliflower Mix: \$1.89
- 4 Lemons: \$0.89
- 8 oz Bag of Spinach \$1.49
- 16 oz Whole Wheat Buns: \$2.49
- 13.75 oz Whole Wheat English Muffins: \$1.99
- Banana Hand (4-6): \$1.50

## NON-PERISHABLES

- 12 oz Raw Almonds : \$6.99
- 15 oz No Sugar Added Canned Sliced Peaches: \$1.19
- 13 oz Quinoa: \$5.79
- 2 lbs Brown Rice: \$2.99
- 2x14.5 oz Low-Sodium Canned Tomato: \$2.00
- 12 oz Low-Sodium Garbanzo Beans: \$0.89
- 12 oz Low-Sodium Black Beans \$0.89
- 4 oz Low-Sodium Canned Mushrooms: \$0.98
- 26 oz Salt: \$0.89
- 1 oz Pepper: \$1.99
- 12 oz Dijon Mustard: \$0.99
- Pack of 8 Tuna in Water: \$6.84
- 8 oz Whole Grain Crackers: \$1.97
- 2x 14.5 oz No Sugar Added Fruit Cocktail: \$2.65
- 26 oz No Sugar Added Peanut Butter: \$4.86
- 16 oz Dry Brown Lentils: \$1.49

**Grand Total: \$74.99**

