# 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**