

Budget-Friendly Meal Planning

Eating healthy on a budget is difficult but prepping for your grocery shopping trip can make a world of difference!

Budget-Friendly Grocery Game Plan

Fruits	Vegetables
<ul style="list-style-type: none"> <input type="checkbox"/> Apples <input type="checkbox"/> Bananas <input type="checkbox"/> Raisins <input type="checkbox"/> Fruit cocktail (without added sugar) <input type="checkbox"/> 100% Orange Juice 	<ul style="list-style-type: none"> <input type="checkbox"/> Dark green vegetables: romaine lettuce, frozen spinach <input type="checkbox"/> Frozen broccoli <input type="checkbox"/> Red and orange vegetables: carrots, tomatoes, bell peppers, sweet potatoes <input type="checkbox"/> Starchy vegetables: sweet potatoes, corn, green peas, green lima beans <input type="checkbox"/> Others: cauliflower, cucumber, onions, celery
Dairy	Grains
<ul style="list-style-type: none"> <input type="checkbox"/> 1% or Fat-free milk <input type="checkbox"/> Calcium-fortified soy milk <input type="checkbox"/> Low fat or fat-free yogurt and cottage cheese <input type="checkbox"/> Reduced fat cheese 	<ul style="list-style-type: none"> <input type="checkbox"/> Brown rice <input type="checkbox"/> Oats, whole grain cereals, grits <input type="checkbox"/> Whole grain bread, pasta, tortillas <input type="checkbox"/> Flour to bake
Protein Foods	Others
<ul style="list-style-type: none"> <input type="checkbox"/> Eggs <input type="checkbox"/> Legumes: pinto beans, black-eyed peas, lentils, white beans, garbanzo beans <input type="checkbox"/> Canned salmon, tuna <input type="checkbox"/> Peanut butter, mixed nuts <input type="checkbox"/> Meats, poultry, fish on sale <input type="checkbox"/> Reduced-sodium lunch meat 	<ul style="list-style-type: none"> <input type="checkbox"/> Vegetable oils: canola oil, corn oil, cottonseed oil, olive oil, safflower oil, soybean oil, and sunflower oil <input type="checkbox"/> Seasoning & spices: onion powder, garlic powder, Italian seasonings, pepper, turmeric, paprika, lemon juice, curry, cloves, salt <input type="checkbox"/> Mustard, tomato sauce, red-wine vinegar <input type="checkbox"/> Unsweetened teas, sugar-free beverages

Thrifty Meal Samples

Meal	Day 1	Day 2
Breakfast	1 cup cooked oatmeal 1Tbsp peanut butter 1/4 cup raisins 1 cup low-fat milk	scrambled eggs (2 eggs, 2 Tbsp low-fat milk, tsp vegetable oil) 2 turkey sausage links 1 slice whole wheat toast with 1/4 tsp tub margarine and 1 tsp jelly 1 cup apple juice
Snacks	1/2 cup pretzels 1 Tbsp hummus 1 medium banana	1 tsp vegetable oil 2 Tbsp popcorn kernels (3 cups popped) 1 large orange
Lunch	One 8" flour tortilla 3 oz. tuna (canned in water) 2 Tbsp mayonnaise 5 cucumber sticks 1/4 cup low-fat vanilla yogurt 1 cup orange juice	1 cup romaine lettuce 3 oz. salmon (canned) 2 medium slices tomatoes 4 slices cucumber 2 Tbsp vinaigrette dressing 6 whole-grain crackers 1 cup low-fat milk
Dinner	4 oz chicken breast 1/3 cup brown rice pilaf 1/2 cup corn (frozen) 1/2 cup green peas (frozen) 1 chocolate chip cookie	5 oz. pork chop 1 medium baked potato 2 Tbsp salsa 1/2 cup shredded green cabbage 1 Tbsp vinaigrette dressing 1 cup apple juice

Tips for Shopping on a Budget:

- Buy groceries when you are not hungry or in a rush to get home.
- Stick to the grocery list and stay out of the aisles that don't contain things on your list.
- Find and compare unit prices listed on shelves to get the best price and buy store brands if cheaper. Purchase some items in bulk or in family packs, which usually costs less.
- Choose fresh fruits and vegetables in season, buy canned vegetables with less sodium and canned fruits without added sugars.
- Keep in mind refrigerated or freezer foods can last longer and can also be healthier.
- Use coupons and look for weekly sales.