

# Cheap *and* Healthy Shopping List

## Grains

- Brown or white rice
- Oatmeal
- Barley
- Corn meal or grits
- Store brand pasta

## Dairy

- Skim milk
- Yogurt

## Protein

- Beans and lentils
- Eggs
- Whole chicken
- Peanut butter
- Specials on fish, meat, poultry

## Fruits and Veggies

- Cabbage
- Potatoes
- Romaine
- Leaf lettuce
- Cauliflower
- Carrots
- Zucchini
- Cucumber
- Corn
- Bananas
- Melon
- Oranges
- Apples
- Frozen veggies on sale
- Seasonal specials



## 9 Overlooked Cost Savers

1. Having the **right ingredients** on hand for preparing meals makes you less likely to dine out.
  2. Some options, such as chicken breast cutlets or ground turkey breast are good because they enable you to **serve less meat per person**.
  3. **Vegetarian** options, such as lentils and rice, or bean soup with vegetables, are hearty and cheap and good for you!
  4. **Cabbage** is often forgotten. You can use it for slaw, tacos, stir fry dishes and more. It is cheaper than lettuce so helps you stretch the budget - buy one head of lettuce and when that runs out serve slaw - or stretch your tossed salad with shredded cabbage.
  5. **Apples and carrots** make great snacks, brown bag treats and side dishes for meals and they are cheap when bought in bulk.
  6. **Grapes** get used better and are great grab and go snacks when you wash them and portion them into baggies in your refrigerator. Choose them instead of chips!
  7. **Potatoes** are underused. You can make oven fries, mashed potatoes, baked potatoes and even pizza with them!
  8. **Coupon clipping** is only good when you are buying things you use on a regular basis otherwise the time is better spent to learn to cook more healthy dishes rather than buy more convenience foods.
  9. The **best place to shop** is often in your own pantry or freezer. Plan meals around using up things you have on hand.
- Search for recipes with these items at [www.foodandhealth.com](http://www.foodandhealth.com).

# Plan Menus By Produce



Here is a new way to plan your meals on the go. Start in the produce section and plan meals based on what you see that looks good and is a good price. Base meals more around fruits and vegetables rather than meat. If you think of 5-6 good dinners and make a few in quantity for “plannedovers” you will usually have enough food to get through a week. Your wallet, waistline and heart will thank you!

Here are some fresh ideas for meals:

- **Pasta with fresh broiled vegetables** in season. Toss pasta and broiled veggies with herbs, broth and a little oil.
- Find a **green veggie to go with baked fish** and rice - usually zucchini or green beans
- **Vegetable to go with chicken** or turkey breast - usually broccoli or zucchini or green beans in a steam bag; can also be winter squash or spaghetti squash
- **Ingredients for salsa** that can be used to make burritos, tacos, fish, chicken as well as a tasty vegetable-consumption-boosting dip for veggies and tortilla chips.
- **Stir fry veggies** - consider carrots, mush-

rooms, spinach or peppers and these can be used for salads and other dishes, too. A stir fry is a great way to use up a lot of leftover veggies at the end of the week, too.

- **Salad**
- **Fruit** for breakfast, snacks and desserts
- **Cabbage** for slaw - and it doubles as a great stir fry ingredient, too.
- **Seasonal produce for risotto** - risotto is a creamy rice dish made with arborio rice, found in most grocery stores. Arborio rice is a short-grain rice that is very inexpensive and it is easy to cook, too! Use 3 cups water to 1 cup rice and add vegetables and seasonings half way through cooking. Stir well to make creamy and serve hot.

Here is a healthy meal using many of the items on the Cheap Healthy Shopping List:



- Turkey burger with lettuce and tomato served on an English Muffin
- Carrot sticks
- Oven fried potato wedges
- Slaw dressed in oil and vinegar with a pinch of oregano
- Fresh berries for dessert

Recipes and pictures are found on our blog at <http://www.foodandhealth.com/blog/>