




# Healthy Eating Grocery List for Under \$50

# *Nutritious Food Choices for One Person – One Week*

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 *Prices are estimated  
and may vary by  
region. This list is  
designed to maximize  
nutrition, support  
balanced meals, and  
minimize waste.*

# Produce (Fresh or Frozen)

Item	Est. Price	Notes
Bananas (1 bunch)	\$1.20	Snack, smoothie base
Apples (3-4 small)	\$2.50	Great for snacks and fiber
Carrots (1 lb bag)	\$1.20	For snacks, roasting, or soups
Frozen mixed vegetables (1 bag)	\$1.80	Versatile, long-lasting, easy to cook
Spinach (fresh or frozen)	\$2.00	Salads, omelets, soups
Onion (1-2 medium)	\$1.00	Flavor base for many meals
Garlic (1 bulb)	\$0.50	Budget-friendly seasoning

**Subtotal: ~\$10.20**



# Grains & Bread

Item	Est. Price	Notes
Brown rice (1 lb bag)	\$1.50	Base for stir-fry or bowls
Rolled oats (18 oz)	\$2.30	Breakfast staple
Whole wheat bread (1 loaf)	\$2.50	Sandwiches, toast, fiber-rich

**Subtotal: ~\$6.30**



# Protein

Item	Est. Price	Notes
Eggs (1 dozen)	\$2.20	High-quality, affordable protein
Dry lentils (1 lb bag)	\$1.50	Soups, stews, or curry
Canned tuna or chicken (2 cans)	\$2.00	Sandwiches or salad topping
Peanut butter (16 oz)	\$2.00	Protein, healthy fat, no fridge needed

**Subtotal: ~\$7.70**

# Dairy or Dairy Alternatives

Item	Est. Price	Notes
Milk (1/2 gallon) or plant milk	\$2.00	Choose store brand if possible
Plain yogurt (32 oz tub)	\$2.80	Breakfast, snacks, gut health

**Subtotal: ~\$4.80**

# Pantry Staples & Extras

Item	Est. Price	Notes
Canned diced tomatoes (1 can)	\$1.00	Base for soups and sauces
Olive oil (small bottle)	\$3.50	Healthy fat for cooking
Seasoning blend or salt/pepper	\$1.50	Adds flavor to simple meals

**Subtotal: ~\$6.00**

# **TOTAL ESTIMATED COST: ~\$35–\$38**

➔ *Remaining budget (\$10–\$15) can be used for:*

- Cheese (block lasts longer than shredded)
- Fresh herbs (optional)
- Sweet potatoes or broccoli (seasonal extras)
- Bulk dry beans or canned beans
- More fresh fruit or a treat (like dark chocolate square or low-sugar granola)

## **Bonus Tips:**

- **Buy store brands** – often just as nutritious and lower in cost.
- **Shop weekly specials** and mark-down produce racks.
- **Batch cook** simple meals like soups, rice bowls, or veggie stir-fries to save time and money.
- **Stretch ingredients** – a bag of rice or oats can last more than one week.