BUDGET GROCERY LIST

- eggs
- canned beans
- dry beans
- lentils
- dry split peas
- canned chick peas
- rice
- oats
- pasta
- ramen noodles
- tortillas
- flour
- cornmeal/grits/polenta
- sugar
- baking soda
- salt
- baking powder
- dry active yeast
- popcorn
- raisins or dried cranberries
- saltine crackers
- canned tomatoes
- canned crushed tomatoes
- canned tomato paste
- canned tomato sauce
- cabbage
- bananas
- carrots
- potatoes
- celery
- onions
- garlic
- fresh citrus
- fresh green chiles
- in-season, on-sale vegetables
- frozen green beans
- frozen vegetables
- in-season, on-sale fruit
- applesauce cups
- canned pumpkin
- pork roast
- chicken legs
- whole chicken
- canned chicken
- ground turkey
- canned tuna
- sausage
- ham

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- marked down meats
- tofu
- peanut butter
- bulk spices
- neutral cooking oil
- vinegar
- plain yogurt
- evaporated milk
- cottage cheese
- block cheese
- butter
- parmesan
- dry milk powder
- bouillon base
- ketchup
- mustard
- pickles
- sriracha
- mayonnaise
- soy sauce
- jam or jelly
- honey
- tea
- coffee
- cocoa powder
- protein powder
- potted herbs

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