

# Grocery Shopping List: Healthy Frugal Foods

Vegetables	Fruits	Dairy	Bulk Foods	Meats	Kitchen Staples
<input type="checkbox"/> Broccoli <input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Corn <input type="checkbox"/> Cucumber <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Lettuce & Greens <input type="checkbox"/> Mushrooms <input type="checkbox"/> Onions <input type="checkbox"/> Peppers <input type="checkbox"/> Potatoes <input type="checkbox"/> Snap Peas <input type="checkbox"/> Spinach <input type="checkbox"/> String Beans <input type="checkbox"/> Squash <input type="checkbox"/> spaghetti <input type="checkbox"/> acorn <input type="checkbox"/> butternut <input type="checkbox"/> Zucchini	<input type="checkbox"/> Apples <input type="checkbox"/> Avocado <input type="checkbox"/> Bananas <input type="checkbox"/> Berries <input type="checkbox"/> strawberries <input type="checkbox"/> raspberries <input type="checkbox"/> blackberries <input type="checkbox"/> Cantaloupe <input type="checkbox"/> Cherries <input type="checkbox"/> Grapefruit <input type="checkbox"/> Grapes <input type="checkbox"/> Kiwi <input type="checkbox"/> Lemons <input type="checkbox"/> Limes <input type="checkbox"/> Melon <input type="checkbox"/> Nectarines <input type="checkbox"/> Oranges <input type="checkbox"/> Peaches <input type="checkbox"/> Pears <input type="checkbox"/> Tomatoes	<input type="checkbox"/> Butter (unsalted) <input type="checkbox"/> Cheese <input type="checkbox"/> cottage cheese <input type="checkbox"/> mozzarella <input type="checkbox"/> cheddar <input type="checkbox"/> havarti <input type="checkbox"/> parmesan <input type="checkbox"/> Milk <input type="checkbox"/> Yogurt <input type="checkbox"/> Quark <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Beans (dried) <input type="checkbox"/> chickpeas <input type="checkbox"/> blackeyed peas <input type="checkbox"/> mung beans <input type="checkbox"/> kidney beans <input type="checkbox"/> navy beans <input type="checkbox"/> lentils <input type="checkbox"/> Couscous <input type="checkbox"/> Dates (unsulphered) <input type="checkbox"/> Oatmeal (steel cut) <input type="checkbox"/> Pasta (whole wheat) <input type="checkbox"/> Raisins <input type="checkbox"/> Raw Nuts <input type="checkbox"/> almonds whole <input type="checkbox"/> almonds sliced <input type="checkbox"/> pumpkin seeds <input type="checkbox"/> sunflower <input type="checkbox"/> Rice <input type="checkbox"/> brown rice <input type="checkbox"/> basmati rice <input type="checkbox"/> wild rice <input type="checkbox"/> Quinoa	<input type="checkbox"/> Beef <input type="checkbox"/> Eggs <input type="checkbox"/> Fish <input type="checkbox"/> tuna <input type="checkbox"/> salmon <input type="checkbox"/> halibut <input type="checkbox"/> Poultry <input type="checkbox"/> chicken <input type="checkbox"/> turkey <input type="checkbox"/> pheasant <b>Alternatives</b> <input type="checkbox"/> Tofu <input type="checkbox"/> Beans (see Bulk) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Baking Powder <input type="checkbox"/> Baking Soda <input type="checkbox"/> Balsamic Vinegar <input type="checkbox"/> Bread (not white) <input type="checkbox"/> Canned Tomatoes <input type="checkbox"/> Flour <input type="checkbox"/> Honey <input type="checkbox"/> Mustard <input type="checkbox"/> Olive Oil <input type="checkbox"/> Peanut Butter <input type="checkbox"/> Spices <input type="checkbox"/> salt & pepper <input type="checkbox"/> cayenne <input type="checkbox"/> basil <input type="checkbox"/> oregano <input type="checkbox"/> paprika <input type="checkbox"/> cinnamon <input type="checkbox"/> White Vinegar  <b>Bonus Items</b> <input type="checkbox"/> Dark Chocolate (70+ percent cacao)
Freezer	Baby	Personal Care	Household	Beverages	Other
<input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Fruit <input type="checkbox"/> Frozen Yogurt <input type="checkbox"/> Green Beans <input type="checkbox"/> Peas <input type="checkbox"/> Sorbet <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Baby Foods <input type="checkbox"/> Diapers <input type="checkbox"/> Formula <input type="checkbox"/> Lotions <input type="checkbox"/> Rash Creams <input type="checkbox"/> Wipes  <b>Pets</b> <input type="checkbox"/> Cat Food <input type="checkbox"/> Cat Litter <input type="checkbox"/> Dog Food <input type="checkbox"/> Pet Wash <input type="checkbox"/> Pet Medications	<input type="checkbox"/> Body Wash <input type="checkbox"/> Condoms <input type="checkbox"/> Contact Solution <input type="checkbox"/> Deodorant <input type="checkbox"/> Facial Tissue <input type="checkbox"/> Facial Soap/Lotion <input type="checkbox"/> Hair Products <input type="checkbox"/> Hand Lotion <input type="checkbox"/> Make-up <input type="checkbox"/> Razors/Shaving <input type="checkbox"/> Soap <input type="checkbox"/> Tampons/Pads <input type="checkbox"/> Toilet Paper <input type="checkbox"/> Toothpaste/Floss	<input type="checkbox"/> Bags (Lunch) <input type="checkbox"/> Dish Soap <input type="checkbox"/> Foil <input type="checkbox"/> Garbage Bags <input type="checkbox"/> Household Cleaners <input type="checkbox"/> Laundry Detergent <input type="checkbox"/> Plastic Wrap <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> Coffee <input type="checkbox"/> Tea <input type="checkbox"/> herbal tea <input type="checkbox"/> black tea <input type="checkbox"/> Red Wine <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>