

# Healthy Eating on a Budget Grocery List

## Aldi

### Meats

Wild Caught Salmon  
Lean Ground Turkey  
All Beef Hot Dogs - Kids  
Turkey Bacon

### Dairy

Yogurt - Kids  
Eggs

### Snacks

Roasted Almonds  
Tortilla Chips  
Salsa  
Crackers - Kids  
(Similar to Ritz)  
Hummus

### Baby Food

Vegetable + Fruit Pouches  
(My big kids eat these too!)

### Vegetables

Zuchinni  
Celery  
Tomatoes  
Potatoes  
Mushrooms  
Spinach  
Broccoli  
Cilantro

### Fruit

Blueberries  
Strawberries

### Staples

Raisin Bran Cereal - Kids  
Oatmeal  
Chicken Stock  
Cumin  
Paprika  
Chili Powder  
Salt  
Pepper  
Garlic Seasoning  
Butter  
Olive Oil  
Bread  
Canned mushrooms  
Canned Blackbeans

## Kroger

### Meats

Deli Meat - Kids

### Dairy

String Cheese  
Sour Cream

### Vegetables

\*I buy vegetables that I only need 1 or 2 of at Kroger so I don't waste food or money!

Tomatoes  
Red Onion  
Lemon  
Lime  
Avocado

### Fruits

Apples  
Bananas  
Grapes

### Frozen

Frozen Veggies - peas, carrots, corn, onions, celery  
Pizza - Kids

### Staples

Juicy Juice - Kids  
Whole wheat Tortillas

### Fresh Market

Buy One Get One Free Meats  
Ground Beef  
Chicken

## Publix

I usually check the weekly sales that are running at Publix. Sometimes I will stock up on granola bars or other snack foods.

### A few things I pick up online:

Knorr Tomato Boullion

Extreme Milk Chocolate Protein Powder from Optimum Nutrition .