

Cheap Clean Eating Grocery List

Vegetables

Onions
Carrots
Spaghetti Squash
Butternut Squash
Acorn Squash
Beets
Broccoli
Cabbage
Potatoes
Sweet Potatoes

and/or

Frozen Vegetables

Broccoli
Green Beans
Cauliflower
Greens
Brussel Sprouts
Butternut Squash
Okra

Fruits

Seasonal Fruit-

Apples
Bananas
Mango
Melon

Starchy Sides

Jasmine Rice
Bread
Organic Noodles

Pantry Items

Peanut Butter
Coconut Oil
Palm Shortening
Dried Beans
Oatmeal
Organic Popcorn

Dairy

Eggs
Cheeze
Butter-Grassfed (best)
or Organic (good)

Meats

Chicken
Grass Fed Beef
Salmon (Canned,
wild caught Alaskan)

Free
Printable
Cheap Clean
Eating
Grocery List