

Budget-Friendly Healthy Meals: Shopping List

Here's a printable shopping list to go along with the budget-friendly healthy meals. Stock up on these basics, and you'll be ready to cook meals that feel indulgent but stay affordable.

Proteins

- Eggs
- Canned chickpeas
- Black beans (canned or dry)
- Chicken thighs
- Canned fish (like sardines or salmon)
- Lentils (red, green, or brown)

Vegetables & Fruits

- Sweet potatoes
- Spinach (fresh or frozen)
- Carrots
- Zucchini
- Frozen peas and carrots mix
- Onions
- Garlic
- Canned tomatoes
- Avocados
- Lemon
- Fresh parsley or cilantro

Pantry Staples

- Rice (white, brown, or basmati)
- Cauliflower rice (fresh or frozen)
- Olive oil
- Soy sauce
- Curry powder or garam masala
- Paprika
- Salt & pepper

Optional Flavor Boosters

- Plain yogurt
- Cheese (for topping)
- Sesame oil
- Salsa