

Produce

(Fresh, Frozen, or Canned)

- Apples
- Bananas
- Oranges
- Frozen fruit (berries, mango, pineapple)
- Canned fruit in 100% juice
- Carrots | baby carrots
- Celery
- Leafy greens (spinach, kale, romaine)
- Broccoli
- Bell peppers
- Frozen vegetables (mixed, peas, corn, green beans)
- Canned vegetables (low-sodium)
- Tomatoes
- Onions
- Garlic
- Potatoes | sweet potatoes

Proteins

- Eggs
- Greek yogurt
- Cottage cheese
- Hummus
- Peanut butter | almond butter | sunflower seed butter
- Canned beans (black beans, chickpeas, kidney beans)
- Lentils (dried or canned)
- Tofu | tempeh
- Mixed nuts (unsalted)
- Roasted chickpeas
- Canned fish
- Chicken thighs

Whole Grains & Bread

- Rice cakes
- Oats | oatmeal
- Brown rice
- Quinoa
- Whole-grain bread | tortillas
- Whole-grain pasta

Healthy Fats

- Olive oil
- Avocado oil (only if on sale; olive oil is fine for most cooking)
- Chia seeds
- Sunflower seeds
- Avocados (buy bags rather than single units when possible)

Quick, Healthy Snacks

- Popcorn kernels
- Fruit cups (in 100% juice)
- Whole-grain crackers
- Celery sticks
- Nut butter packets (almond, peanut, or sunflower)
- Trail mix (unsalted)
- Dried fruit (unsweetened)
- String cheese or cheese slices

Affordable Pantry Staples

- Canned soups (low-sodium)
- Broth or bouillon
- Salsa
- Rice noodles or ramen (upgrade with veggies/protein)
- Spices: garlic powder, onion powder, chili powder, cinnamon
- Salt & pepper