

Grocery Shopping on a Budget

Before Heading to The Grocery Store

Do an inventory of all the items you have in the house so you don't buy duplicates.

Make a list of the meals you plan to cook for the week and write out the groceries you need.

Stick to your list.

Never buy snacks on the run. Buy healthy nuts, apples, or health bars at your local grocery.

Shop multiple grocery stores or local farmers' markets. One place may have better-priced produce, while another has better-priced meats.

Shop Wednesdays, that's usually when stores have their markdowns.

Subscribe to the grocery stores you frequent and check for coupons beforehand.

Lean Proteins

Chicken

Buy fresh chicken in bulk. Portion out the meat you will eat for the week, and store the rest of the chicken in the freezer until you are ready to prepare the next batch.

If you are looking to save some extra money, be sure to purchase all-natural frozen chicken breasts.

Fresh ground chicken is often less expensive than chicken breasts. They make for great burgers, too.

Chicken thighs are a great source of protein, which usually cost less than chicken breasts, and are great for roasting with vegetables.

Turkey/Beef

Purchase frozen turkey burgers.

Don't be afraid of the occasional beef patty either. You can find high-quality beef patties that are not frozen in the meat section of the store.

Quinoa and Rice

Quinoa is an excellent source of protein and can be used as an animal meat substitute.

Rice is a good way to add some substance to your plate. Just be sure to stay within the recommended serving amount.

Beans

Garbanzo beans and lentils are excellent plant-based protein sources that can be purchased in bulk and are a less expensive alternative to animal meat.

Complex Carbohydrates

Yams and brown rice can make a meal more filling and are often inexpensive.

Good quality oatmeal makes for a great and inexpensive breakfast.

Fruits and Vegetables

Shop the fruits and vegetables that are in season.

Check out your local farmer's market.

Shop the sales.

Buy in bulk and freeze.

Purchase all-natural frozen fruits and vegetables.

Snacks:

Almonds and nuts are a great snack, plus you can buy them in bulk, which you can then pre-package.

Rice cakes are tasty and cost-effective.

Apples, oranges, carrots, and celery are typically inexpensive and make for great portable snacks.

If berries are on sale, purchase a large amount. When you get home, clean and store your extra berries in the freezer for when you are ready to eat.

Teamwork Makes the Dream Work

Working on goals with a friend, partner or group also helps keep you accountable and motivated for the times when you feel you are about to slip (or do slip you). Someone will be there to encourage you and vice versa.

Meal Prep Ideas

You can make a number of meals for the days ahead and even save some in the freezer for later.

Grill several pieces of chicken at a time, cook batches of quinoa and rice, and pre-pack your snacks so they are ready to go when you need them. I usually stick my carrots, almonds, and chopped veggies in individual containers so they are ready to go.

Make extra at dinner and take the leftovers for lunch.

Pack lunches while watching your favorite Netflix show.

Designate a couple of hours once or twice a week for meal prep.

Get up early and make lunch with breakfast.

If you really want to have fun try to get in some exercises in between chopping the food and letting it cook in the oven, instapot, or air fryer. It's multi-tasking at its finest.

Make a batch of quinoa and brown rice for the workweek.

Some Additional Suggestions That Make for Great and Cost-Effective Investments in the Long-Run

Learn how to cook or bake! It is fun, will help with your health, and help you save money big time in the long run. Take a community class or ask a friend! It is also a great activity to do with the whole family.

Learn how to create your own garden. Look into volunteer opportunities at community gardens, sign up for classes at a local nursery, and check out gardening periodicals.