

HEALTHY GROCERY LIST

GENERAL SHOPPING TIPS

- | Make a grocery list. Use it when you go shopping and stick to it!
- | Look out for sale items.
- | Try store or generic brands.
- | Avoid pre-packaged and processed foods, pre-package foods tend to cost more.
- | Don't go grocery shopping when you are hungry.

LOW COST GROCERY ITEMS

VEGETABLES: Potatoes • Onions • Romaine Lettuce • Spinach • Carrots
Frozen Vegetables • Canned Vegetables • Tomato Paste/Sauce

FRUIT: Bananas • Apples • Oranges • Frozen Blueberries

GRAINS:

Oatmeal
Brown Rice
Corn/Flour Tortillas
Whole Wheat Bread
Whole Wheat Pasta
Dry Cereal

PROTEINS:

Ground Beef
Frozen Chicken
Deli Meats
Peanut Butter
Canned Tuna
Dried Beans
Mixed Nuts
Eggs

DAIRY:

Low Fat Yogurt
Skim Mozzarella Cheese

OILS:

Canola Oil
Olive Oil

3 MEALS, 4 PEOPLE FOR \$20!

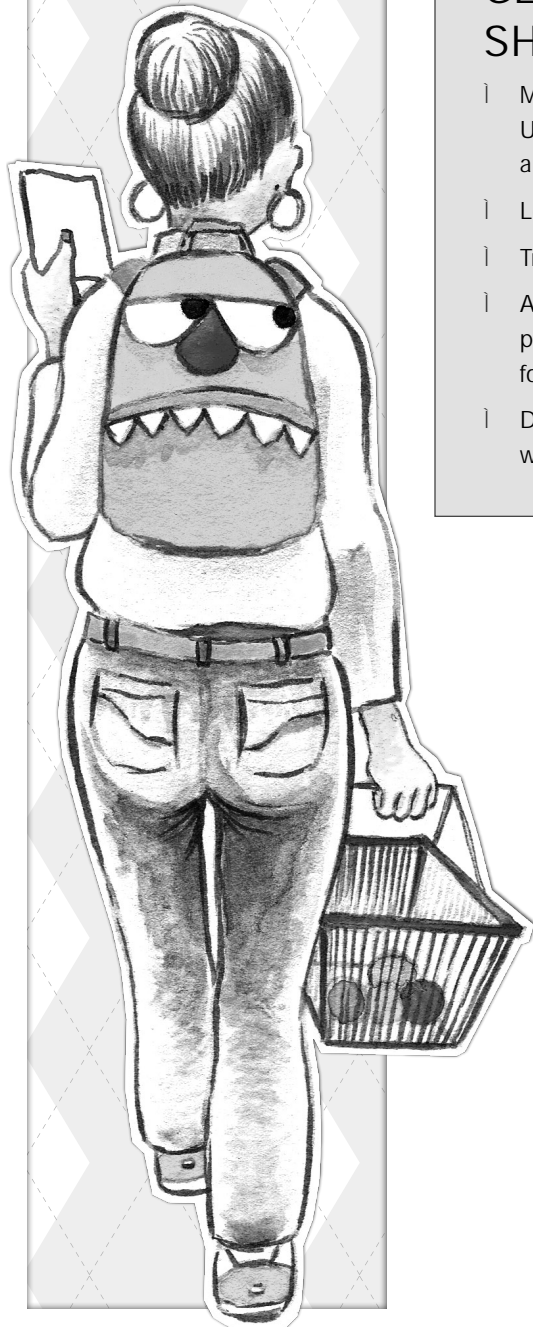
BREAKFAST: Cereal with banana slices and low-fat milk.

LUNCH: Quesadilla made with a whole wheat flour tortilla and mozzarella cheese accompanied with a side salad (lettuce, tomato, onion).

DINNER: Pasta with ground meat, tomato sauce and a side salad of lettuce, tomato, and onion. To make the sauce:

1. Cook the ground meat. Drain the fat and set aside.
2. Mix in the tomato paste with 12 oz water.
3. Season with 1 tablespoon each of dried parsley, basil, and oregano and 1 teaspoon each of salt and garlic powder.
4. Mix in the meat and pour over your pasta.

GET WHAT YOU NEED FOR \$20	
Dry Cereal	\$3.49
1% Low-Fat Milk (1 quart)	\$1.99
Banana (2)	\$0.99
Romaine Lettuce (1 head)	\$1.99
Roma Tomatoes (2)	\$1.29
Onion (1)	\$0.59
Tomato Paste (6 oz. can)	\$0.99
Skim Mozzarella (8 oz.)	\$3.29
Whole Wheat Flour Tortillas	\$1.99
Whole Wheat Pasta (12 oz.)	\$1.00
Ground Meat (1 pound)	\$1.99
Total	\$19.60



EMPOWER YOURSELF WITH HEALTHY EATING

La Clínica

AHWG
Adolescent Health Working Group