

Budget Grocery Shopping List

* Pricing is estimated and may vary based on product and store.

- high protein Good source of protein
- high fat Good source of fat
- high fiber Good source of fiber
- high value Nutrient dense food item, may be higher cost



Opt for frozen or canned fruits and vegetables for lower cost and convenience with the same nutritional value.

Blend into smoothies, add to yogurt, or steam for cooking. Don't forget to wash your fresh produce before eating!

Produce



- Avocados** *\$0.50 per serving**
Creamy texture, rich in healthy fats, vitamins, and minerals. Add to toast, salads, or smoothies.
high fat high value
- Bananas** *\$0.30 per serving**
Rich in potassium and easy to digest.
- Apples** *\$1.99 per pound**
Portable and provide a source of fiber and vitamins.
- Potatoes & Sweet Potatoes**
Nutrient-dense. Roast, bake, or mash for easy meals.
- Root Vegetables**
Carrots, beets, and turnips. Store well. Roast, add to soups, or steam.
- Leafy Greens** *\$1.99 per serving**
Spinach, kale, and collard greens. Packed with vitamins and minerals. Use in salads, smoothies, or stir-fries.
- Salad kits**
Easy meals. Look for sale items. Top with canned tuna, chicken, or beans for some added protein.

Snacks

- Nuts & Seeds** *\$0.39 per serving**
Healthy fats, protein, and fiber. Snack on them or add to salads and yogurt.
high fiber high fat high protein high value
- Trail mix**
Tasty mixes of nuts, dried fruits, crackers, candy, etc.
high fiber high fat high protein high value
- Granola bars**
Choose soft and chewy style if you have mouth pain.
- Dried Fruits**
High in fiber and nutrients, snack on them or add to yogurt and oatmeal.
high fiber high value
- Hummus**
Enjoy with crackers or veggie sticks.
high fat high protein high value
- Protein bars** high protein
- Mini Muffins**



For a sore mouth or throat, try sucking on frozen bites of fruit. Cold foods can provide soothing relief.

Meat, Seafood, and Alternatives

- Ground Meat (Chicken/Turkey/Beef)**
Versatile and lean protein source for burgers, meatloaf, or tacos.
high protein high value
- Fish** *\$1 - \$2.50 per serving**
Salmon, mackerel, sardines, and tuna all provide high levels of omega-3 fatty acids. Opt for canned fish (tuna, sardines, or salmon) for lower-cost options.
high fat high protein high value
- Frozen Chicken Wings/Drumsticks**
Bake or grill for protein and variety.
high protein
- Tofu**
vegetarian/vegan protein source made from soybeans, high in protein, low in fat. Use tofu in stir-frys, scrambles, add to smoothies and more.
high protein



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Canned, Jarred, and Dry Goods

Dry/Canned Lentils & Beans *\$0.40 per serving**

Versatile for soups, stews, dips, and salads.

high fiber high protein high value

Canned Tomatoes

Base for soups, stews, and pasta sauces.

Canned Soups

Ready to eat and soft food option. Opt for lower sodium options that have vegetables and protein for more nutritional value.

high value



Peanut Butter

Add to smoothies, sandwiches, or snacks. Peanut butter works great with carrots, celery, rice cakes, and crackers.

high fat high protein high value

Olive Oil

Use for cooking, salad dressings, or dips. Choose extra virgin for best quality.

high fat high value

Brown Rice *\$0.99 per pound**

Whole-grain option with fiber and nutrients. Consider buying in bulk for cost savings.

high fiber high value

Oatmeal

Provides sustained energy, fiber, and vitamins. Look for rolled oats for a more affordable option. Instant oats offer a convenient option for hot breakfast or snacks, but may be more costly. Choose varieties with minimal added sugars.

high fiber high value

Whole-Wheat Bread

Good source of fiber and B vitamins. Choose varieties with minimal added sugars.

high fiber



Pasta

Opt for whole-wheat or lentil pasta for added fiber and protein.



Farro or Quinoa *\$0.45 - \$0.65 per serving**

Swap out your rice to change things up with this grain, high in antioxidants, vitamins, and minerals.

high fiber high protein high value

Dried Herbs & Spices

Add flavor and variety to meals without adding sodium.

Dairy** and Eggs

Eggs *\$0.42 per serving**

Easy to prepare, and rich in protein, healthy fats, and vitamins.

high protein high value

Cottage Cheese *\$1.28 per serving**

Easy to eat solo or in dishes like lasagnas, pancakes, or on top of crackers.

high protein high value

Yogurt *\$0.80 - \$1.50 per serving**

Good protein source with calcium, vitamin D, and gut support. Add your own fruit or nuts for extra protein and gut health benefits. Choose varieties with minimal added sugars. Opt for Greek yogurt for more protein.

high protein high value

Cow or Goat Milk

Provides protein and calcium. Consider non-refrigerated or shelf-stable options for longer storage.

Nut Milks

Almond, cashew, and coconut. High-fat alternatives to cow's milk.

high fat

Soy Milk

high protein



Cheese *\$0.35 per serving**

Cheese slices for sandwiches, cheese sticks for snacking and on-the-go, shredded cheese for melting onto foods, adding to salads, etc.

high fat high protein high value

** Use full-fat/whole milk options for more calories if needed.

Additional Tips:

- **Plan meals ahead:** Create a weekly menu to ensure you have ingredients for easy meals and snacks. Ask your caregiver, family or friends to help in meal planning, shopping and preparation.
- **Shop sales and use coupons.**
- **Bulk up on staples:** Buying staple items in bulk can be more cost-effective.
- **Consider food pantries and assistance programs.** Many resources are available to help patients access affordable food.
- **Shop at lower-cost stores** such as Dollar Tree, Dollar General, Family Dollar, Aldi, and Walmart.
- **Choose generic brands** that are often lower in cost.
- **Try to buy produce that is in season** to lower the cost.