



Budget Shopper

Fresh Meats

- Chicken (Bone in thighs and drumsticks, whole chickens)
- Ground Turkey
- Bone in Pork Chops, Pork Shoulder
- Beef (80/20, cook then rinse to eliminate 50% more fat), beef sirloin, rump roast, bottom round, chuck roast, beef shanks, skirt steak

Processed Sausage, Deli Meats and Hot Dogs

- Oscar Mayer Natural Deli Meat
- Oscar Mayer Selects Beef Franks
- Johnsonville Naturals Breakfast Sausage

Seafood

- Frozen Seafood
- Canned Salmon
- Canned Tuna

Eggs

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Cheese

- Daisy Low Fat Cottage Cheese
- Shredded Cheddar Cheese (buy on sale and freeze)

Dairy

- Milk, white, 2%, 1%
- Olive Oil Butter Blend
- Best Choice Butter
- Plain Yogurt
- Plain Greek Yogurt
- Whey Protein Powder

Fruits and Vegetables

- All fresh fruits and vegetables (shop to sale)
- Frozen Fruits and Vegetables
- Canned Vegetables
- Raisins

Carbohydrates

- Dried Beans/Lentils or Canned Beans (contains only beans, water, salt), Tofu
- Whole Wheat Flour
- Quinoa
- Millet
- Popcorn Kernels
- Farro
- Whole Grain Pasta
- Oatmeal (Old Fashioned Oats, Quick Oats)
- Brown Rice
- Whole Grain Flour Tortillas
- Whole grain bread
- Triscuits
- Sunbelt Bakery Simple Granola
- Toasted Whole Grain Oat Cereal

Nuts/Seeds/Oils

- Nuts/Seeds (mixed nuts and peanuts tend to be cheaper varieties)
- All Natural Peanut Butters (Jiff, Skippy, Peter Pan, etc.)
- Extra Virgin Olive Oil
- Flax Seeds

Staples

- Dried Spices, Mrs. Dash Seasonings, Baking Powder, Baking Soda
- Mustard
- Salsa
- Frank's Hot Sauce
- Swanson Natural Goodness Chicken Broth 33% Less Sodium
- Honey
- Brianna's Home Style Salad Dressing (all varieties)
- Always Save Original Pasta Sauce

Beverages

- Orange Juice (dilute with water)
- Tea
- Coffee

Bars/Chips/Sweets/Dips

- Nature Valley Crunchy Bars
- Dark Chocolate (at least 70% dark)
- Tortilla Chips
- Sabra Hummus



*All items may not be in all stores

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