



10 Cheap, Healthy and Convenient Items to Put on Your Grocery List

Everyone says eating healthy is too expensive and takes too much time. It is time to prove everyone wrong. The list of foods below can help reduce the risk of heart disease, type 2 diabetes, cancer and digestive issues as well as keep your wallet fat and time on your side. Cheap, healthy and convenient *can* be done and done deliciously!

- Whole Wheat Pasta
- Whole Grain Brown Rice
- Oats
- Beans
- Canned Tuna
- Marinara
- Salsa
- Head of Lettuce
- Russet Potatoes
- Yogurt



*All items may not be in all stores

mypricechopper.com   