

ULTIMATE GROCERY SHOPPING LIST

Protein:

- Chicken thighs or drumsticks (2-3 lbs)
- Ground turkey or chicken (1 lb)
- Dried beans (black beans, pinto beans, or lentils) (2 lbs)
- Eggs (1 dozen)
- Canned tuna or salmon (4 cans)
- Tofu or tempeh (2 blocks)

Grains:

- Rice (white or brown) (2 lbs)
- Pasta (whole wheat or regular) (1 lb)
- Quinoa or couscous (1 lb)
- Oats (1 lb)

Fruits:

- Bananas (1 bunch)
- Apples (5-6)
- Oranges (4-5)
- Frozen berries (strawberries, blueberries, or mixed berries) (1 bag)

Vegetables:

- Onions (3-4)
- Garlic (1 bulb)
- Bell peppers (red, green, or yellow) (3-4)
- Tomatoes (3-4)
- Carrots (1 lb)
- Spinach or kale (1 bunch or bag)
- Potatoes (white or sweet) (3-4)
- Broccoli or cauliflower (1 head)

Dairy and Alternatives:

- Milk (dairy or plant-based) (1 gallon or 2 quarts)
- Cheese (cheddar or mozzarella) (1 block or bag)
- Yogurt (plain or flavored) (32 oz)

- Butter or margarine (1 stick or tub)

Pantry Staples:

- Olive oil or vegetable oil (1 bottle)
- Vinegar (white, apple cider, or balsamic) (1 bottle)
- Soy sauce or tamari (1 bottle)
- Canned tomatoes (diced or crushed) (2 cans)
- Chicken or vegetable broth (low sodium) (2 cartons)
- Peanut butter or almond butter (1 jar)
- Bread (whole wheat or multi-grain) (1 loaf)

Snacks and Extras:

- Nuts (almonds, peanuts, or walnuts) (1 bag)
- Popcorn kernels (1 bag)
- Tortilla chips (1 bag)
- Salsa (1 jar)
- Hummus (1 container)

Total Estimated Cost: Under \$150

This shopping list includes a variety of ingredients that can be used to prepare diverse and nutritious meals, catering to the needs and preferences of underserved communities. It provides a good balance of protein, grains, fruits, vegetables, dairy, and pantry staples, ensuring versatility in meal preparation while staying within a budget.