BUDGET FRIENDLY HEALTHY FOOD LIST

Produce

- ◯ Kale - O
- ◯ Romaine Lettuce - O or C
- ◯ Cabbage - O or C
- ◯ Carrots - O or C
- ◯ Sweet Potatoes - O or C
- ◯ Russet Potatoes - O
- ◯ Onions - O or C
- ◯ Garlic - O or C
- ◯ Broccoli (frozen) - O or C
- ◯ Cauliflower (frozen) - O or C
- ◯ Peas (frozen) - O or C
- ◯ Spinach (frozen) - O
- ◯ Butternut Squash (frozen) - O or C
- ◯ Tomatoes (canned) - O
- ◯ Bananas - O or C
- ◯ Kiwi - O or C
- ◯ Strawberries (frozen) - O
- ◯ Peaches (frozen) - O

Dairy and Eggs

- ◯ Eggs - O
- ◯ Plain Whole Milk - O
- ◯ Plain Whole Yogurt -O
- ◯ Mozzarella Cheese - O

Fats, Seeds and Oils

- ◯ Olive Oil - O or C
- ◯ Peanut Butter - O
- ◯ Almonds - O or C
- ◯ Sunflower Seeds - O
- ◯ Chia Seeds - O or C

Key

O = Organic

C = Conventional

Legumes

- ◯ Garbanzo Beans - O
- ◯ Black Beans - O
- ◯ Refried Beans - O
- ◯ Lentils - O

Condiments, Sauces and Extras

- ◯ Marinara - O
- ◯ Apple Cider Vinegar - O
- ◯ Mustard - O or C
- ◯ Salsa - O or C
- ◯ Honey - O or C
- ◯ Apple Sauce - O
- ◯ Dark Chocolate Chips - O or C
- ◯ Green Tea - O or C
- ◯ Cinnamon O

Starches

- ◯ Brown Rice - O or C
- ◯ Brown Rice Pasta - O or C
- ◯ Corn Tortillas - O
- ◯ Quinoa - O or C
- ◯ Old Fashioned Oats - O

Protein

- ◯ Chicken Thighs - O
- ◯ Chicken Breasts - O
- ◯ Lean Ground Turkey - O
- ◯ Lean Ground Beef - O
- ◯ Canned Tuna (non-BPA can)
- ◯ Canned Salmon (non-BPA can)

Traci D Mitchell

HEALTH. FOOD. FITNESS.