

# SaziBox Health Budget-Friendly Shopping List Template

## Grains & Carbs:

1. **Brown Rice** (Bulk buy for savings)
2. **Whole Wheat Pasta**
3. **Oats** (Great for breakfast or baking)
4. **Quinoa** (A protein-packed grain)
5. **Whole Grain Bread** (Freeze for longevity)
6. **Sweet Potatoes** (Nutrient-dense and versatile)

## Proteins:

1. **Dried or Canned Beans** (Black beans, chickpeas, lentils)
2. **Eggs** (Affordable, versatile protein source)
3. **Peanut Butter or Other Nut Butters** (Opt for low-sugar varieties)
4. **Canned Tuna or Salmon** (Look for deals on larger packs)
5. **Tofu** (Budget-friendly plant-based protein)
6. **Greek Yogurt** (Plain, can be bought in bulk)

## Vegetables:

1. **Frozen Vegetables** (Spinach, broccoli, mixed veggies)
2. **Carrots** (Long shelf life, can be used raw or cooked)
3. **Cabbage** (Affordable and versatile in salads or stir-fries)
4. **Onions** (Adds flavor and lasts long)
5. **Potatoes** (Economical and filling)
6. **Canned Tomatoes** (Perfect for soups, sauces, and stews)

## Fruits:

1. **Frozen Berries** (Affordable and packed with antioxidants)
2. **Bananas** (Great for snacking and smoothies)
3. **Apples** (Long-lasting and budget-friendly)

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4. **Citrus Fruits** (Oranges or grapefruits for a vitamin C boost)

### **Dairy or Dairy Alternatives:**

1. **Milk or Almond Milk** (Buy in bulk for savings)
2. **Cheese** (Blocks tend to be cheaper than pre-shredded)
3. **Plain Yogurt** (Buy large tubs instead of individual packs)

### **Healthy Fats:**

1. **Olive Oil** (Opt for large bottles to save)
2. **Avocados** (Watch for sales or buy in bulk)

### **Pantry Essentials:**

1. **Spices** (Garlic powder, paprika, cumin, turmeric)
2. **Salt & Pepper**
3. **Canned or Boxed Broth** (Chicken, beef, or vegetable)
4. **Vinegar** (For dressings and marinades)
5. **Canned Coconut Milk** (Great for soups and curries)

### **Snacks:**

1. **Popcorn Kernels** (Healthier than bagged microwave popcorn)
2. **Dried Fruit** (Look for no added sugar options)
3. **Nuts & Seeds** (Sunflower seeds, almonds, or walnuts)

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### **Tips for Budget-Friendly Shopping:**

1. **Shop Sales:** Look for discounts on staples like grains, beans, and frozen veggies.
2. **Buy in Bulk:** Items like rice, oats, and dried beans are cheaper in bulk.
3. **Meal Prep:** Use these items to plan meals in advance, reducing impulse buys.