

The basics

A list of common staples that should be consistently stocked throughout the pantry and freezer. Shelf-life of between 3 months to multiple years.

Pantry

- Spices (Oregano, turmeric, garlic, onions, chives)
- Black/ Kidney Beans
- Brown Rice/ Quinoa
- Chicken or Vegetable Broth
- Canned olives
- Canned Tuna
- Canned chicken
- Canned tomatoes
- Olive or coconut oil
- Olive oil mayo
- Siraracha
- Mustard (deli or regular)
- Coffee grinds
- Tea bags
- Low-sodium soy sauce

Freezer

- Chicken breasts
- Chicken thighs
- Turkey burgers
- Bags of broccoli
- Bags of green beans
- Bags of mixed vegetables
- Bags of fajita peppers/onions
- Brown rice bags
- Black bean burgers
- Frozen fish fillets

Affordable week shopping lists:

- Budget of \$49
- Budget of \$79

\$49 weeks

Living off as little as \$49 a week.

Protein

- 1lb chicken breast (\$2.98/lb)
- 1lb ground turkey (\$2.99/lb)
- Chicken sausages (5 count/\$3.99)
- 1lb chicken thigh (\$2.49/lb)
- 2 dozen eggs (\$1.49/dozen = \$2.98)

Produce

- 1lb Bag of spinach (\$1.99)
- 3 x 1lb salad mixes (\$2.99/bag = \$8.97)
- 1lb broccoli bag (\$1.99)
- 2 x bell pepper (\$.79 x = \$1.78)
- Onion (\$.69)
- Low-fat mozzarella cheese sticks bag (\$2.99)
- 1% or almond milk (\$2.99)
- 1lb frozen green beans (\$1.99)
- 2lb frozen mixed berries (\$5.00)

Pantry

- 1 garbanzo beans (\$79/can)
- 1 black beans (\$79/can)
- 2 cans of tuna (\$2.29/can = \$4.58)
- Natural Peanut Butter (\$2.49)
- 1lb Sweet potatoes (\$1.49/lb)
- 1 can of vegetable soup (\$1.29)

\$79 week additions

Including the \$49 a week list plus more variety.

- 2 x avocado (\$1.49/per = \$2.98)
- Plain Greek yogurt cups (\$.99/per x 5 = \$4.95)
- Cottage cheese 16oz (\$2.99)
- 1lb Cabbage (\$.99)
- 1lb salmon (\$7.99)
- 1lb almonds (\$5.99)
- Fresh tomatoes (\$.59/per = \$1.18)
- Spaghetti Squash (\$.89/per)
- ½ lb. Blueberries (\$2.99)

