

\$50 Family Grocery List

You may be surprised at how easy it is to make healthy family meals on a budget. The grocery list below includes the ingredients needed to prepare 4-6 servings of all the following meals. (Recipes can be found on the [Print Resources](#) page)

- Whole Wheat Pasta with Chicken, Tomatoes, and Zucchini
- Shredded Chicken Tacos
- Chili with Ground Turkey and Red Beans
- Ratatouille
- Tortilla Soup

So get the family together, print out your list, and go shopping!

Produce

- ❑ 4 large roma tomatoes (1.5 lbs), @ 1.59/lb = **\$2.10**
- ❑ 3 large zucchinis (1 lb), @ .99/2 lbs = **\$0.50**
- ❑ 1 butternut squash (3 lbs), @ .99/lb = **\$3.00**
- ❑ 1 head of iceberg lettuce, .79/head = **\$0.79**
- ❑ 4 jalapenos (.5 lbs), @ .49/lb = **\$0.25**
- ❑ 2 large yellow onions (2 lbs), @ .99/2 lbs = **\$0.99**
- ❑ 2 heads of garlic (.25 lb), @ 2.49/lb = **\$0.60**

Meat & Dairy

- ❑ ½ lb ground turkey (1 package Foster Farms extra lean (93%) fresh ground turkey, 1lb) = **\$5.99**
- ❑ 3 whole chicken breasts (1 package Randall Farms thin sliced boneless skinless chicken breast, 20oz. - approx. 4-5 breasts) = **\$5.99**
- ❑ 4 oz. (1 cup) shredded cheddar cheese (1 package Borden sharp cheddar shredded cheese - approx. 2 cups) = **\$2.50**

Dry Goods

- ❑ 2 lbs black beans (or 4 cans) (S&W 50% less sodium black beans @ 1.29/can) = **\$5.16**
- ❑ 1 lb kidney beans (or 2 cans) (S&W 50 % less sodium kidney beans @ 1.29/can) = **\$2.58**
- ❑ 2 cans crushed tomatoes (Cento crushed tomatoes, 28 oz. each @ 2.49/can) = **\$4.98**
- ❑ 8-10 pack hard corn tortilla shells (Old El Paso crunchy taco shells, 18 ct.) = **\$2.00**
- ❑ 1 box whole wheat pasta (1 box Barilla whole grain spaghetti, 13.25 oz.) = **\$1.79**
- ❑ 1 can green chilies (Ortega mild fire-roasted diced green chilies, 4 oz.) = **\$1.69**
- ❑ 3 cups brown rice (Springfield brown rice, 1 lb) = **\$1.19**
- ❑ vegetable stock (Swanson vegetable broth, 14.5 oz. each @ 1.29/can) = **\$2.58**
- ❑ olive oil and spices are assumed to be a pantry staple

Total : \$44.68

*Prices may vary. Prices posted on this page reflect current seasonal prices at Eagle Rock's Super A Foods.

