

Nutrient-Dense
Budget-Friendly

FOOD LIST

Fridge	Freezer	Breads	Baking	Produce
<ul style="list-style-type: none"> ● cottage cheese ● plain yogurt ● milk ● eggs ● tofu 	<ul style="list-style-type: none"> ● edamame ● berries ● broccoli ● cauliflower ● peas ● spinach ● sweet potatoes ● potatoes ● butternut squash ● carrots ● onions 	<ul style="list-style-type: none"> ● whole wheat bread ● corn tortillas ● whole wheat tortillas 	<ul style="list-style-type: none"> ● whole wheat flour ● ground flaxseeds ● chia seeds ● olive oil ● cinnamon ● peanut butter ● walnuts 	<ul style="list-style-type: none"> ● broccoli ● cauliflower ● romaine lettuce ● spinach ● kale ● cabbage ● onions ● garlic ● potatoes ● sweet potatoes ● carrots ● butternut squash ● beets ● bananas ● oranges ● apples
Breakfasts	Pasta	Canned	Dry Goods	
<ul style="list-style-type: none"> ● oats ● bran flakes ● shredded wheat 	<ul style="list-style-type: none"> ● whole wheat pastas 	<ul style="list-style-type: none"> ● tomatoes ● beans ● lentils ● tuna ● sardines ● salmon ● pumpkin ● beets 	<ul style="list-style-type: none"> ● brown rice ● beans ● lentils ● quinoa 	
Meat	Condiments	Snacks	Ethnic	
<ul style="list-style-type: none"> ● pork loins ● chicken breasts ● chicken thighs 	<ul style="list-style-type: none"> ● salsa ● apple cider vinegar ● balsamic vinegar 	<ul style="list-style-type: none"> ● pepitas ● sunflower seeds ● peanuts ● almonds ● air-popped popcorn 	<ul style="list-style-type: none"> ● turmeric powder ● red lentils ● split pigeon peas ● green mung beans 	

check in with chelsea

NUTRITION MADE EASY