We know that grocery shopping can get pricey, so we developed a guide to help you reach your nutrition goals while not breaking the bank. With this grocery list, you will find healthy options for $30!

- Frozen Berries—$2.29
- 3 lb. bag Apples—$3.99
- Frozen Broccoli—$1.09/bag
- Avocado—$0.89/each
- Mixed Greens Salad—$1.99
- Cucumber—$1.49/3 pack
- Whole Grain Pasta—$0.89/box
- Oatmeal—$2.29/42 oz. container
- 100% Whole Wheat Bread—$1.89
- Deli Lunch Meat—$2.49/9 oz.
- Chicken—$2.79/lb
- Eggs—$1.59
- Skim Milk—$2.79/gallon
- Yogurt—$0.39/6 oz. container
- Mixed Nuts—$1.99/10 oz. container
- Salad Dressing: Light Balsamic—$1.29

Total Amount: $30.14