

Healthy and Delicious on a Budget[™] – Shopping List Options

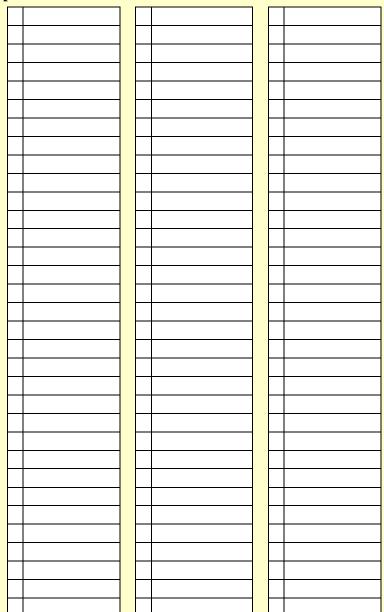
Option #1 Vegetables & Fruit Dairy/Cold Household

Grocery Items	Personal Care

Frozen Foods			Pet
			Supplements
	L		
Quality Protain		Broad/Whole Crains	

Quality Protein		Bread/Whole Grains		
				Other

Option #2





Building a Shopping List – The Basics

Q: What are the benefits of creating a shopping list?

There are a couple of benefits worth considering. *If saving money is important to you*, then creating a shopping list will likely help you stick to your budget and buy only what is needed for the meals and snacks you've planned. *If saving time and energy is important to you*, then using a shopping list can streamline a trip to the grocery store and prevent those pesky 'forgotten items.'

Q: Why do you show two options for shopping lists?

Different people think in different ways. For some people, pre-existing categories make it easier to think about what they need to buy, whereas others might wish to make up their own categories and organize things in their own way. Ultimately, there is no right way to make a shopping list.

Q: How do I use the shopping lists on the other side?

Use them in whatever way best suits you and your needs. Some ideas:

- Place the list on your refrigerator door and fill it in as the week unfolds. Then, simply grab it and go as you head out the door to do your shopping.
- . Build a shopping list by meal or recipe.
- . List the categories in an order that matches the layout of the store you shop at, *or* the order that you prefer to shop.
- . Add additional categories based upon you and your family's needs (i.e. baby, baking, beverages, canned goods, condiments, snacks...)
- . Use the blank shopping list to capture everything you need to buy, then transfer items over and organize in the categorized list.

Q: Do I have to use or make a shopping list?

Of course not. This is simply a tool that some people find useful when it comes to eating *Healthy and Delicious on a Budget*.TM

Stocking the Pantry*

When cooking or preparing food at home it is wise to keep certain key items on hand. Below is an example of what a wellstocked natural foods pantry might look like:

Healthy Cooking Fats**	Butter	Extra virgin olive oil
	Coconut oil	Ghee (clarified butter)
Condiments**	Apple cider vinegar	Mayonnaise (made w/organic
	Balsamic vinegar	healthy fats like olive oil)
	Dijon mustard	Rice wine vinegar
	Hot sauce	Tamari (wheat free soy-sauce)
	Ketchup (organic & GF)	Worcestershire sauce
	Lemon and/or lime juice	
Natural Sweeteners**	Maple syrup	Stevia
	Molasses	Sucanat
	Raw honey (local)	
Herbs & Spices**	Basil	Herbes de Provence
	Bay leaves	Nutmeg
	Cayenne pepper	Onions (fresh)
	Chili powder	Oregano
	Cinnamon	Parsley
	Coriander	Pepper (black)
	Cumin (ground)	Red chili flakes
	Curry powder	Rosemary
	Dill	Sea salt (Celtic, Real Salt, etc.)
	Garlic (fresh) and powder	Tarragon
	Ginger (ground)	Thyme
	Herbamare [™]	Thyme
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Baking**	All-purpose flour (GF blend if sensitive to gluten)	Baking soda Cocoa powder
	Arrowroot powder	Cornstarch
	Baking powder	Vanilla extract
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Other**	Broth (Veg, Chicken, Beef)	Olives
	Brown rice	Other whole grains
	Canned beans/legumes	Raisins (and/or other dried fruit
	(and/or dried beans)	like currants, cherries)
	Quinoa	Tomato sauce and paste
	Nut butters	Tomatoes (canned diced, whole)
	Nuts and Seeds	,,

^{*} Recipe and/or meal prices provided in conjunction with the NGVC *Healthy and Delicious on a Budget*™ educational program do not include pricing for pantry items, unless the pantry item is a main ingredient in the recipe and/or meal.



^{**}To increase the flavor, nutrient content, and benefits of items in your pantry it is recommended that you choose organic products and ingredients whenever possible.