

Diabetes Meal Plan on a Budget Shopping List

Pantry & Fridge Staples:

Check your pantry for these items before shopping

- Salt
- Pepper
- Olive oil
- Canola oil
- Red-Wine Vinegar
- Balsamic Vinegar
- Honey
- Reduced-sodium tamari or soy sauce
- Whole grain mustard
- Cumin
- Ground cardamom
- Dried oregano
- Chipotle chili powder
- 1 (15-oz.) can low-sodium chicken broth
- 1 (28-oz.) can crushed tomatoes
- 1 (25-oz.) jar low-sodium tomato sauce
- 2 (15-oz.) cans black beans
- 1 (15-oz.) can no-salt added chickpeas
- 1 (15-oz.) can white beans
- 1 (10-oz.) cannister dry-roasted unsalted almonds
- 1 jar natural peanut butter
- ¼ cup chopped peanuts
- 1 dozen eggs
- 1 stick butter

Tip: *If you need to purchase spices, buy those you don't think you will use very often in the bulk section of the grocery store to save money and cabinet space.*

Produce:

- 1 head of garlic
- 2 large onions
- 1 medium shallot
- 1 (3-lb.) bag Yukon gold potatoes
- 1 (1-lb.) bag sweet potatoes

- 2 bunches asparagus
- 4 medium bell peppers
- 2 bunches kale
- 1 (5-oz.) plus 1 (10-oz.) container mixed greens
- 1 (1-lb.) bag carrots
- 1 medium cucumber
- 5 medium apples
- 4 large pears
- 3 peaches
- 1 clementine
- 2 (6-oz.) containers blackberries
- 2 pints blueberries
- 3 lemons
- 1 lime
- 1 avocado
- 2 bunches spring onion
- 1 bunch parsley
- 1 bunch dill
- 1 bunch tarragon

Canned, Bottled & Dried Goods:

- 1 loaf whole-grain bread
- 1 (8-ct.) package corn tortillas

Dairy Items:

- 1 (32-oz.) container low-fat plain Greek yogurt
- 1 (8-oz.) bag shredded parmesan
- 1 (8-oz.) bag shredded Mexican cheese

Refrigerator & Freezer Items:

- 1 (10-oz.) container hummus
- 3 (10-oz.) packages frozen kale

Meat, Poultry & Fish:

- 2 lbs. chicken breast
- 3 lbs. boneless skinless chicken thighs
- 1 ¼ lbs. salmon

= \$122.82 (not including pantry staples)

