



Green Eats

# Budget-Friendly Grocery List for a Healthy, Plant-Based Life

Eat well without breaking  
bank.

Practical tips for affordable  
plant-based living.

Discover the secrets to  
eating healthy on a budget!



Start building your  
healthier grocery  
list today!



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Visit us at  
<https://thenaturallifereset.com/>

## **Fresh Produce (Nutrient Powerhouses)**



- **Carrots**
- **Potatoes (gold, sweet, or purple)**
- **Sweet potatoes**
- **Kale, collard greens, or spinach**
- **Cucumbers**
- **Tomatoes**
- **Onions (red, yellow, or green)**
- **Garlic**
- **Bell peppers**
- **Avocados (when on sale)**
- **Lemons & limes**
- **Apples**
- **Bananas (buy in bulk & freeze extras)**
- **Grapes (great for snacking)**
- **Berries (buy frozen for savings)**
- **Oranges**



# Whole Grains (Nourishing & Filling)

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- Quinoa
- Farro
- Cornmeal (for polenta or tortillas)
- 100% Whole grain or sprouted bread (oil-free)
- Oats (rolled or steel-cut)
- Whole wheat or lentil pasta





# Plant Proteins (Affordable & Filling)

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- Dry beans (black, pinto, kidney, garbanzo)
- Lentils (green, brown, red)
- Unsalted nuts (walnuts, almonds, cashews)
- Unsalted seeds (flax, chia, hemp, pumpkin)
- Unsweetened, non-dairy milk (soy, almond, oat)



# Starches & Root Veggies (Long-Lasting & Cheap)

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- Russet potatoes
- Sweet potatoes
- Winter squash (butternut, acorn, kabocha)





# Cooking Essentials (Flavor Without the Junk)

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- Balsamic vinegar
- Apple cider vinegar
- Lemon juice
- Cayenne & chili flakes
- Nutritional yeast
- Dried herbs & spices (garlic powder, cumin, oregano, cinnamon, turmeric, smoked paprika)



# Convenience Foods (Budget-Friendly & SOS-Free)

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- No-salt canned beans (or cook in bulk & freeze)
- No-salt tomato sauce or diced tomatoes
- Light coconut milk (for occasional creamy dishes)
- Whole-grain cereals (unsweetened)
- Popcorn kernels (for air-popping)
- Dates (nature's candy!)





# Smart Budget Tips

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- Buy in bulk – Dry beans, grains, nuts, and seeds are much cheaper this way!
- Frozen is gold – Frozen berries, greens, and veggies last longer & save money.
- Batch cook & store – Save time and money by meal prepping for the week!
- Stick to the basics – Whole foods are cheaper than packaged, processed foods.





# Thank You for Downloading!

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I hope this budget-friendly grocery list makes healthy, whole-food, plant-based eating simpler and more affordable for you!

Want to Take It a Step Further?

## Get a Fully Customized Meal Plan!

- Take the guesswork out of meal planing with a personalized, whole-food, plant-based meal plan tailored to your goals! Whether you're focusing on weight loss, gut health, or reversing disease, I've got you covered.
- Browse custom meal plans (<https://thenaturallifereset.com/shop/>)

## Grab Your FREE Vegan Starter Kit!

- If you're new to plant-based eating (or just want more guidance), download my **FREE Vegan Starter Kit!** It's packed with tips, meal ideas, and essential info to help you transition effortlessly.

Download it here:(<https://thenaturallifereset.com/free-vegan-starter-kit/>)

## Stay Connected for More Tips & Recipes!

- For daily inspiration, follow me on social media and join the community!
- Thank you for being part of this *plant-powered journey!* If you found this helpful, share it with a friend who might need it too!

