



# The Ultimate Budget Grocery List for Maximum Savings

THE READER'S DIGEST VERSION



## FRUITS

### Spring

- Kiwi
- Pineapples
- Strawberries

### Summer

- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Honeydew melon
- Peaches
- Plums
- Raspberries
- Strawberries
- Watermelon

### Fall

- Apples
- Cranberries
- Grapes
- Pears
- Raspberries

### Winter

- Grapefruit
- Kiwi
- Oranges
- Pineapples
- Bananas (year-round)

## GRAINS

### Whole grains

- Brown rice
- Oatmeal
- Popcorn
- Quinoa
- Wild rice

### Refined grains

- Couscous
- Cream of rice
- Cream of wheat
- Pasta
- Pretzels
- White rice

## MEAT

- Chicken, whole
- Chicken, breasts
- Corned beef (spring)
- Ground meat
- London broil
- Stew meat
- Top round roast
- Pork shoulder
- Pork butt
- Lamb shoulder
- Turkey (fall and winter)

## FISH

- Alaska pollock
- Canned tuna
- Cod
- Flounder
- Mussels
- Salmon (Alaskan salmon in early summer)
- Sardines
- Shrimp
- Other sustainable species

## DAIRY

- Store-brand butter
- Store-brand eggs
- Store-brand milk
- 32-ounce containers of plain or vanilla yogurt
- 8-ounce blocks of store-brand cheeses

## FROZEN FOODS

- Berries
- Broccoli
- Chopped spinach
- Corn
- Green beans
- Mixed vegetables
- Pie crusts
- Anything on sale

## VEGETABLES

### Spring

- Asparagus
- Lettuce
- Mushrooms
- Peas
- Spinach

### Summer

- Beets
- Bell peppers
- Corn
- Cucumbers
- Eggplant
- Green beans
- Summer squash
- Tomatoes
- Zucchini

### Fall

- Brussels sprouts
- Cauliflower
- Parsnips
- Sweet potatoes and yams
- Turnips

### Winter

- Kale
- Leeks
- Rutabagas
- Sweet potatoes and yams
- Swiss chard
- Turnips
- Winter squash

### Year-round

- Broccoli
- Carrots
- Celery
- Onions
- Potatoes

## PANTRY STAPLES

- Baking powder
- Baking soda
- Beans
- Bullion
- Flour
- Peanut butter