

Customizable grocery shopping list for \$4 a day food budget

Use the document Tools Grocery Shopping and Planning Budget Meals at 4 Dollars A Day to determine **Your Average**. Multiply Ave/week by Your Average to determine **Amount to Buy** per shopping trip for your household. Round numbers up and buy the closet, most economical package. For example, instead of 7 cups, buy 2 quarts (8 cups) or 1/2 gallon.

Ave/week /person	Your Average	Amount to buy	Measure	Item, servings per day for an "average" person
				Fruits, 1½ servings
7			pieces or cups	1-piece whole fruit OR 1 cup frozen or canned
2			cups	1/4 cup dried fruit (raisins, apricots, etc)
				Vegetables, 2-3 cups per day
3½			pounds	1/2 cup fresh vegetables
3½ (16)			cups (ounces)	1/2 cup frozen vegetables
3½			cups	1/2 cup canned vegetables
2			cups	1/4 cup dark leafy greens
2			cups	1/4 cup dry beans
2 (10)			cups (ounces)	1/4 cup peas or corn
2			potatoes	1/4 medium potato
				Grains and pasta, 6 servings (1 slice bread or 1-ounce cereal, pasta, rice or grain)
14			slices	2 slices bread (tortilla, muffin, etc.)
14			ounces	2 ounces cereal (oatmeal, farina, etc.) OR
14			ounces	2 ounces dry pasta or rice (1 cup cooked) or other grain (bulgur, polenta, quinoa, etc.)
				Proteins, 5 ounces (3.5 ounces meat plus 1½ ounces other proteins per day)
1½			pounds	3½ ounces meat or poultry (7x per week)
3			ounces	1½ ounces fish (2x per week)
3			dozen	1½ eggs (2x per week)
3			tablespoons	1½ tablespoons nut butter (2x per week)
3/4			ounces	3/4 ounce nuts (1x per week)
				Dairy or Soy/Tofu products, 3 cups per day (1 ½ ounces cheese counts as 1 cup equivalent)
2			quart	1 cup milk (or soy milk)
2			quart	1 cup yogurt or cottage cheese (or tofu)
8			ounces	1½ ounce cheese