



CHOMP SHOPPER

BUDGET GROCERY LIST

A full week of groceries for one, about \$70.

FREE PRINTABLE

WEEK OF _____

BUDGET \$ _____

PRODUCE

- | | | |
|-----------------------------------|----------|----------|
| ☐ Cabbage | 1 head | \$ _____ |
| ☐ Carrots | 2 lb bag | \$ _____ |
| ☐ Potatoes | 5 lb bag | \$ _____ |
| ☐ Bananas | 1 bunch | \$ _____ |
| ☐ Apples | 3 lbs | \$ _____ |
| ☐ Onions | 3 lb bag | \$ _____ |
| ☐ Garlic | 1 bulb | \$ _____ |

MEAT & SEAFOOD

- | | | |
|---|-------------|----------|
| ☐ Chicken thighs, bone-in, family pack | about 3 lbs | \$ _____ |
|---|-------------|----------|

DAIRY & EGGS

- | | | |
|---|-----------------|----------|
| ☐ Eggs | 18-count carton | \$ _____ |
| ☐ Store-brand milk | ½ gallon | \$ _____ |
| ☐ Cheddar cheese | 8 oz block | \$ _____ |

BAKERY

- | | | |
|---|--------|----------|
| ☐ Store-brand sandwich bread | 1 loaf | \$ _____ |
|---|--------|----------|

FROZEN

- | | | |
|---|-----------|----------|
| ☐ Frozen spinach | 10 oz bag | \$ _____ |
|---|-----------|----------|

PANTRY & SPICES

- | | | |
|--|-----------------|----------|
| ☐ Dried lentils | 1 lb bag | \$ _____ |
| ☐ White or brown rice | 5 lb bag | \$ _____ |
| ☐ Rolled oats | 42 oz container | \$ _____ |
| ☐ Pasta | 1 lb box | \$ _____ |
| ☐ Peanut butter | 16 oz jar | \$ _____ |

CANNED & JARRED

- | | | |
|--|--------|----------|
| ☐ Canned tuna in water | 4 cans | \$ _____ |
| ☐ Canned black beans | 4 cans | \$ _____ |
| ☐ Canned diced tomatoes | 3 cans | \$ _____ |
| ☐ Store-brand pasta sauce | 1 jar | \$ _____ |
| ☐ Canned corn | 2 cans | \$ _____ |

ABOUT \$70 A WEEK

Based on September 2026 national average prices, in line with the USDA budget food plan (about \$70–88 a week for one adult). Rice, oats and peanut butter last longer than a week, so later weeks cost less.

BUDGET TIP

Choose store brands for canned goods, milk, pasta and rice. The quality difference is minimal.

TARGET _____ TOTAL _____

PANTRY STAPLES TO BUILD YOUR BASE

Check what you're low on before you shop.

- | | | |
|--|--|--|
| ☐ Dried lentils (red or green) | ☐ Dried black or kidney beans | ☐ White rice (5 lb bag) |
| ☐ Rolled oats (large container) | ☐ All-purpose flour | ☐ Sugar |
| ☐ Vegetable or canola oil | ☐ Salt and black pepper | ☐ Garlic powder |
| ☐ Cumin | ☐ Chili powder | ☐ Soy sauce |
| ☐ Peanut butter | ☐ Apple cider vinegar | |

TIPS FOR BUDGET GROCERY SHOPPING

Buy block cheese

Pre-shredded costs more per ounce and melts worse.

Keep a running total

Jot prices in the \$ column as you shop.

Go bone-in

Bone-in legs averaged \$1.74/lb vs. \$4.20 for boneless breasts.

Compare unit prices

Bigger packages aren't always cheaper per ounce.

Lean on lentils

A 1 lb bag (\$1.50–2) makes 6–8 servings, under \$1 each with rice.

Batch cook

Rice and beans keep 3–4 days in the fridge. Freeze the rest.