

# CHEAP GROCERY LIST

for Meal Prep on a Budget

Feed a family of 4 for under \$75 a week | Updated for 2026 | MealPrepBix.com

## PROTEINS

Budget: \$25 to \$30

<input type="checkbox"/>	Whole chicken (approx 5 lbs)	\$7.30
<input type="checkbox"/>	Chicken thighs with skin (5 lbs)	\$7.95
<input type="checkbox"/>	Ground turkey 93% lean (1 lb)	\$3.98
<input type="checkbox"/>	Eggs (18 count)	\$4.88
<input type="checkbox"/>	Dried black beans (1 lb bag)	\$1.78
<input type="checkbox"/>	Canned chickpeas (15 oz)	\$0.98
<input type="checkbox"/>	Greek yogurt (32 oz tub)	\$4.48
<input type="checkbox"/>	_____	_____

## CARBS & GRAINS

Budget: \$8 to \$12

<input type="checkbox"/>	Long grain white rice (5 lb bag)	\$4.48
<input type="checkbox"/>	Rolled oats (42 oz canister)	\$3.98
<input type="checkbox"/>	Whole wheat pasta (1 lb)	\$1.24
<input type="checkbox"/>	Potatoes (5 lb bag)	\$3.98
<input type="checkbox"/>	Tortillas (10 count)	\$1.88
<input type="checkbox"/>	_____	_____

## PRODUCE

Budget: \$18 to \$22

<input type="checkbox"/>	Carrots (2 lb bag)	\$1.78
<input type="checkbox"/>	Yellow onions (3 lb bag)	\$2.98
<input type="checkbox"/>	Garlic (3 pack)	\$1.48
<input type="checkbox"/>	Bananas (per banana)	\$0.19
<input type="checkbox"/>	Frozen broccoli (12 oz)	\$1.24
<input type="checkbox"/>	Frozen mixed vegetables (12 oz)	\$1.24
<input type="checkbox"/>	Cabbage (1 head)	\$2.50
<input type="checkbox"/>	Bell peppers (3 pack)	\$3.98
<input type="checkbox"/>	Frozen spinach	\$1.24
<input type="checkbox"/>	_____	_____

## PANTRY & FLAVOR BOOSTERS

Budget: \$8 to \$10

<input type="checkbox"/>	Olive oil (small bottle)	\$4.98
<input type="checkbox"/>	Soy sauce (10 oz)	\$1.98
<input type="checkbox"/>	Canned crushed tomatoes (28 oz)	\$1.48
<input type="checkbox"/>	Peanut butter (16 oz)	\$2.48
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

**ESTIMATED TOTAL:** \$62 to \$74 for a family of 4 | **SHOP AT:** Walmart, Aldi, WinCo

## SMART SWAPS WHEN PRICES JUMP

- Chicken thighs above \$2/lb? Buy a whole chicken and break it down yourself.
- Fresh produce getting expensive? Swap to frozen. Often cheaper and more nutritious.
- Ground beef on deep sale? Buy 3 to 4 lbs and freeze flat in bags.
- Eggs spiking? Stretch them into fried rice, frittatas, or as toppers instead of mains.
- Always shop the weekly sales flyer FIRST. Let the store decide your menu.

## NOTES & SWAPS

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