

Plant-Based Family Meal Plan by Stephanie from Binkies and Briefcases
\$50 for One Week

Shopping List

Bananas, 1 bunch, \$1.99
1 Green bell pepper, \$1
2 lb bag of carrots, \$1.49
1 bunch of celery, \$1.49
1 bag of Cole Slaw mix, \$1.50
1 head of garlic, \$0.50
Store brand fresh baby spinach, \$2
1 mango, \$1.09
3 onions, \$0.75 each
5 lb bag of russet potatoes, \$2.99
1 yellow squash, \$0.80
1 zucchini squash, \$0.80
1 sweet potato, \$0.99
Store brand almond milk, ½ gallon, \$1.99
1 bag of hotdog buns OR gluten free spaghetti, \$1.50
1 bag of frozen mixed vegetables, \$1.00
2 lb bag of rice, \$1.49
1 box of rice noodles, \$3.19
1 jar of store brand pasta sauce, \$1.33
1 jar of store brand peanut butter, \$1.99
1 bottle of Tamari or soy sauce, \$4.69
2 cans of black beans, \$0.59 each
1 28oz can of crushed tomatoes, \$1.00
2 cans of corn, \$0.49 each
1 can of organic garbanzo beans, \$1.00
1 jar of store brand salsa, \$1.99
1 bag of tortilla chips, \$2.00
1 42 oz can of rolled oats, \$2.99
Total: \$49.99

Ways to Save: Cut costs even further by substituting spaghetti or linguine noodles instead of rice noodles. Oat milk can be made at home if you want to leave almond milk off the list. Compare prices at your local stores to find the best deal. In our area, most of these ingredients can be purchased at Aldi for lower prices than the cost listed here. Things like rice and oats may be available in the bulk section of the store, which will save you even more.

Use your pantry: If you already have soy sauce, beans, or peanut butter at home, then there's no need to buy them again. Use the extra room in your budget to add more fresh fruit or stock up on spices.