# Budget Anti-Inflammatory Grocery List

## Pantry Staples

- Rolled Oats (~$1.98/lb)
- Dry Lentils (~$1.78/lb)
- Canned Chickpeas (~$0.99/can)
- Canned Black Beans (~$0.99/can)
- Brown Rice (~$2.00/lb)
- Quinoa (~$3.50/lb)
- Canned Sardines (~$1.12/can)
- Canned Tuna/Salmon (~$2.50/can)
- Extra Virgin Olive Oil (~$4.99/small bottle)
- Almonds (~$4.99/bag)

## Fresh Produce

- Green Cabbage (~$0.96/lb)
- Sweet Potatoes (~$1.88/lb)
- Carrots (~$1.32/lb)
- Onions (~$1.05/lb)
- Russet Potatoes (~$0.60/lb)
- Broccoli (~$1.92/lb)
- Bananas (~$0.55/lb)
- Oranges (~$1.10/lb)
- Apples (~$1.62/lb)
- Kiwi (~$2.18/lb)

## Frozen Goods

- Frozen Spinach (~$1.24/pkg)
- Frozen Berries (~$2.64/bag)
- Frozen Edamame (~$1.99/bag)
- Frozen Peas (~$1.50/bag)
- Frozen Butternut Squash (~$2.99/bag)

# Budget Anti-Inflammatory Grocery List

## Flavor Boosters

- Turmeric (~$2.99/jar)
- Green Tea (~$3.50/box)
- Garlic (~$0.50/head)
- Ginger (~$2.99/lb)
- Eggs (~$2.50/dozen)