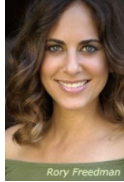




P H Y S I C I A N S  
C O M M I T T E E  
F O R  
R E S P O N S I B L E  
M E D I C I N E

5100 WISCONSIN AVENUE, N.W. • SUITE 400  
WASHINGTON, DC 20016  
T: (202) 686-2210 • F: (202) 686-2216  
PCRM@PCRM.ORG • WWW.PCRM.ORG



## Rory Freedman's Healthy Basics Grocery Shopping List

<p><b>Grains</b></p> <ul style="list-style-type: none"> <li>• Rolled Oats: \$2.50, 42 ounces, Safeway brand old-fashioned oats</li> <li>• Brown Rice: \$3.09, 2 pounds, Safeway brand long-grain brown rice</li> <li>• Whole-Wheat Pasta: \$ 1.08</li> <li>• Leftover Grains: whole-wheat pita bread</li> </ul> <p>Total: \$6.67</p>	<p><b>Beans</b></p> <ul style="list-style-type: none"> <li>• Garbanzo Beans: \$0.89, 16 ounces, Safeway Brand</li> <li>• Black Beans: \$0.89, 16 ounces, Safeway Brand</li> <li>• Pinto Beans: \$0.89, 16 ounces, Safeway Brand</li> <li>• Kidney Beans: \$0.89, 16 ounces, Safeway Brand</li> </ul> <p>Total: \$3.56</p>
<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>• Bananas: \$0.32, bunch</li> <li>• 4 Apples: \$.44 cents each, Fuji or Gala</li> <li>• 2 Pears: \$.40 each</li> <li>• 2 Nectarines: \$1.04</li> <li>• 4 Mangoes: \$1 each</li> <li>• Leftover Fruit: 4 avocados</li> </ul> <p>Total: \$7.04</p>	<p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>• Broccoli: \$1, 1 pound, fresh</li> <li>• Kale: \$2, 1 pound</li> <li>• Lettuce, Romaine: \$1.09, 1 bunch</li> <li>• Carrots: \$2, 2 pounds</li> <li>• Tomato Sauce: \$1.20</li> <li>• Red Cabbage: \$1.09, one head</li> </ul> <p>Total: \$8.38</p>
<p><b>Condiments</b></p> <ul style="list-style-type: none"> <li>• Organic Peanut Butter: \$4.28</li> <li>• Leftover Condiments: balsamic vinegar</li> </ul> <p>Total: \$4.28</p>	
<p style="text-align: center;"><b>Total: \$29.93</b> <b>Tax: 8.75% (\$2.62)</b> <b>Grand Total: \$32.55</b></p>	

## Nutrition Tips from Rory Freedman

1. **Living on a limited food budget will force you to be healthy.** You'll make conscious decisions about what you purchase and consume. I've learned that fresh fruit satisfies a sugar craving and serves as a perfect snack.
2. **Shop in bulk or with friends.** Buy large quantities of whole grains, beans, and condiments. Split it four ways to save money.
3. **Planning in advance prevents impulse buys at the grocery store.** It also helps curb evening splurges. When you plan your meals you will be less likely to stop for meals on-the-go!
4. **Stock up on fiber.** Plant-based foods will fill you up without filling you out, and remain in line with your food budget.
5. **Use leftovers.** The best way to stretch a limited food budget is to maximize ingredients. I used leftover bread and avocados for a healthy sandwich instead of stopping for lunch.