

7 DAY GROCERY LIST

under \$100



BUDGET BREAKDOWN

- Protein = \$44
- Carbs = \$12
- Veggies = \$6
- Pantry = \$8"

HOW TO USE THIS GUIDE

2-3 bullet points on what's inside:

- Page 1: Grocery list
- Page 2: 7-Day Meal Plan with easy ideas
- Bonus: Use this as a template and repeat weekly!



TIPS FOR STICKING TO THE BUDGET

- Buy in bulk (like rice & eggs) to stretch meals further.
- Cook once, eat twice (use leftovers for lunch).
- Swap fresh for frozen veggies when cheaper — they're just as nutritious.
- Use herbs/spices you already have to add flavor variety.

STAPLES & CARBS

Rice - 5kg - \$7

Sweet potatoes - 2kg - \$3

Potatoes - 2kg - \$2

Bread (loaf) - 1 - \$0.75

PROTEIN

Chicken - 2kg - \$11.5

Beef mince - 1kg - \$10

Beef steak - 500g - \$7

Salmon fillet - 400g - \$8

Eggs - 30pcs - \$4

Tuna cans - 2x 170g - \$3

VEGGIES & SIDES

Frozen mixed veggies - 900g - \$3

Tomatoes - 1kg - \$1.5

Onions - 1kg - \$1.3

Lentils - 1kg - \$2

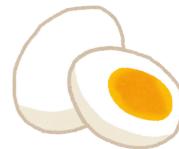
PANTRY

Cooking oil - 1.5l - \$4.5

Milk - 2l - \$3.5

BREAKFAST OPTIONS

- Scrambled eggs with toast + sautéed onions & tomatoes
- Oat-free breakfast bowl: baked sweet potato topped with yogurt & a drizzle of milk
- Tuna & tomato sandwich on bread
- Hard-boiled eggs with roasted potatoes



LUNCH OPTIONS

- Lentil & veggie stew (lentils, onions, tomatoes, mixed veggies)
- Rice with chicken & sautéed onions/tomatoes
- Tuna salad with bread & side of sweet potato fries
- Beef mince stir-fry with rice & mixed veggies



DINNER OPTIONS

- Grilled salmon with rice + mixed vegetables
- Beef steak with roasted potatoes & onions
- Chicken and lentil curry over rice
- Omelet with onions, tomatoes, and side of sweet potatoes



SNACKS & QUICK BITES

- Boiled eggs
- Bread with tuna or egg salad
- Sweet potato wedges
- Tomato slices drizzled with olive oil & herbs

