

Healthy Ramen Glow-Up \$75/Week Ultra-Budget Grocery List

(Estimated Total: ~\$72-\$75)

Protein (~\$32)

- Chicken breast, family pack (2 lbs) – ~\$8
- Frozen shrimp (1 lb) – ~\$7
- Eggs (1 dozen) – ~\$3 • Firm tofu (2 blocks) – ~\$4
- Large tub nonfat Greek yogurt (32 oz) – ~\$5
- Dry lentils (1 lb) – ~\$2
- Protein powder (optional if already owned)

Produce (~\$23)

- Cabbage (1 large head) – ~\$3
- Zucchini (3 medium) – ~\$3
- Frozen spinach (2 bags) – ~\$4
- Frozen broccoli (2 bags) – ~\$4
- Mushrooms (8 oz) – ~\$2
- Bananas (1 bunch) – ~\$2
- Carrots (1 lb bag) – ~\$2
- Garlic (1 bulb) – ~\$1
- Lemons (2) – ~\$2

Pantry & Dry Goods (~\$18)

- Ramen noodle packs (5-pack) – ~\$3
- Shirataki noodles (2 packs) – ~\$5
- Unsweetened almond milk (1 carton) – ~\$3
- Low-sodium broth (2 cartons) – ~\$4
- Chia seeds (small bag) – ~\$3
- Olive oil (small budget bottle if needed)

Budget Tips:

- Buy frozen vegetables and seafood to reduce cost
- Choose store brands whenever possible.
- Use cabbage, carrots, and lentils to stretch meals.
- Cook once, eat twice: double dinner portions for next-day lunches.
- Skip specialty items unless already in your pantry