$80 Texas Grocery List

A week of meals for four people, built around H-E-B staples and store brands — aisle by aisle, with price targets rather than promises.

The week at a glance

- ☐ **Breakfast:** eggs, oatmeal, peanut butter toast, bananas, yogurt.
- ☐ **Lunch:** beans and rice, leftovers, tortillas with cheese and salsa, apples.
- ☐ **Dinner 1:** one-pot chicken and rice with frozen vegetables.
- ☐ **Dinner 2:** black bean chili with cornbread.
- ☐ **Dinner 3:** pasta with canned tomatoes and white beans.
- ☐ **Dinner 4:** egg and potato skillet with onions.
- ☐ **Dinner 5:** baked chicken thighs, roasted carrots, rice.
- ☐ **Dinner 6:** bean and cheese tacos with cabbage slaw.
- ☐ **Dinner 7:** leftover night — or breakfast for dinner.

Produce & fruit

- ☐ **Bananas:** the cheapest breakfast fruit.
- ☐ **Apples or oranges:** bagged, not singles.
- ☐ **Onions and potatoes:** 5-lb bags beat loose.
- ☐ **Carrots:** whole, not baby-cut.
- ☐ **Cabbage:** slaw, stir-fry, and soup from one head.
- ☐ **Frozen vegetables:** equal nutrition, less waste.

Protein & dairy

- ☐ **Eggs:** 18-count.
- ☐ **Chicken thighs:** bone-in is cheaper than breast.
- ☐ **Canned tuna or beans:** cheap protein backstop.
- ☐ **Milk or yogurt:** store brand.
- ☐ **Cheese:** block, shred it yourself.

Pantry

- ☐ **Rice:** 5-lb bag.
- ☐ **Dried or canned beans:** dried is cheaper, canned is faster.
- ☐ **Pasta:** two boxes.
- ☐ **Canned tomatoes:** store brand.
- ☐ **Oats:** large canister.
- ☐ **Peanut butter:** store brand.
- ☐ **Tortillas:** freeze half.
- ☐ **Cornmeal:** for cornbread.

Store-brand swaps

- ☐ Rice, oats, canned tomatoes, beans, pasta.
- ☐ Milk, yogurt, cheese block.
- ☐ Frozen vegetables and fruit.
- ☐ Skip: pre-cut produce, single-serve anything, name-brand cereal.

Three one-pot dinners under $3 a serving

- ☐ **Chicken and rice:** thighs, rice, frozen vegetables, onion, cumin. One pot, 35 minutes.
- ☐ **Black bean chili:** beans, canned tomatoes, onion, corn, chili powder. Cornbread on the side.
- ☐ **Pasta e fagioli:** pasta, white beans, canned tomatoes, garlic, olive oil. 20 minutes.

> **Price target, not a promise:** $80 assumes store brands and a well-stocked pantry. Prices move by store and week — build the list, then compare the total before checkout.

General information for Texas readers, not medical advice. If this is an emergency, call 911. For mental health crisis support, call or text 988.