Living off-campus can be expensive for some. Making your dollar stretch doesn't mean you have to eat instant noodles for every meal. Read on to learn a few tips to getting the most out of your grocery budget.

Plan your meals weekly:
By planning your meals before you go grocery shopping, you lessen the chances of buying things you won't eat. Try to plan out breakfast, lunch, dinner, and at least two snacks. Check out skinnytaste.com or myrecipes.com for ideas.

By ingredients that can be used repeatedly:
When planning your meals for the week, try to include recipes that call for similar ingredients. Have an omelet for breakfast and put eggs in your stir fry for dinner. Buy a rotisserie chicken to put on your salad for lunch, and to make chicken and rice for dinner.

Grocery shop on a full stomach:
Did you know that you are more likely to impulse buy when you grocery shop hungry? Eat a meal or a snack before you head out to the grocery store (list in hand) to avoid picking up items that are not mapped out for your weekly meals.

Buy on sale:
Sign up for weekly circulars from the grocery stores that you frequent the most. Keep an eye out on what foods are on sale that week, and plan your meals accordingly. If you see certain meats on sale that week, stock up on a few extra to keep in your freezer.

Have pot luck nights:
A great way to save money on food, and to spend time with friends, is to host a potluck night once a week. Have each friend bring one dish, and stock up on leftovers!

Buy generic:
Most grocery stores have generic brands of name brand products. Usually these products differ only in price! If you normally use a name brand product, try switching it out for a generic brand and see if the products are similar.