

**Getting Started (Things I just had in my pantry)**

*(Spices are replenished as needed. Rice and flour last about 6 months. Everything else is worked into the weekly plans.)*

Olive oil (7.99)

Peanut butter (4.27)

Oatmeal (2.50)

Yeast (2.00)

Chicken bouillon cubes (2.50)

Curry powder (1.00)

Cumin (1.00)

Italian seasoning (1.00)

Garlic powder (1.00)

Soy sauce (1.89)

Ginger (1.00)

Seasoned salt (1.00)

Red pepper flakes (1.00)

6 lbs stir fry veggies (6.50)

Granola (8.00)

Chili powder (1.00)

Butter (.99)

Baking soda (1.50)

Baking powder (1.50)

Salt (1.00)

Pepper (1.00)

Honey (3.59)

6 lbs frozen strawberries (9.96)

25 lbs rice (8.50)

25 lbs flour (6.50)

**Total: 68.61**

## Week 1 Shopping List

1 dozen eggs (1.89)  
1 gallon milk (1.88)  
1 head lettuce (.99)  
5 tomatoes (2.00)  
1 loaf whole wheat bread (.99)  
1 can coconut milk (1.48)  
2 cans garbanzo beans (1.44)  
2 cans tomato sauce (1.18)  
32 oz vanilla yogurt (1.68)  
1 can kidney beans (.72)  
1 can black beans (.72)  
1 can corn (.72)  
1 can green beans (.59)  
1 box spaghetti (1.00)  
1 can diced tomatoes (.68)  
10 lbs potatoes (1.99)  
Italian dressing (2.00)  
Frozen pepper (1.00)  
Salsa verde (2.50)  
4 apples *price will vary by season* (1.50)  
Cheese (5.99)  
1 box plain popcorn (2.00)  
salsa (1.58)  
Onion (.48)  
6 bananas *price will vary by season* (1.00)  
Cheese sticks (16 sticks) (4.99)  
½ lbs hummus dip mix (*bulk section*) (1.59)

Bag of baby carrots (1.19)

5 pounds boneless skinless chicken breast  
(*make sure there's at least 8 breasts*)  
(10.59)

1/2 lbs peanuts (*bulk section*) (2.99)

**Total: 58.89**

## Week 2 Shopping List

1 dozen eggs (1.89)

32 oz yogurt (1.68)

1 lbs ground beef (3.69)

Butter (.99)

Tortillas (2.00)

Mixed vegetables (1.00)

Coconut milk (1.48)

Green curry paste (2.50)

1 can garbanzos (.72)

1 can diced tomatoes (.68)

1 box spaghetti noodles (1.00)

Parmesan cheese (2.50)

1 can black beans (.72)

Hamburger buns (.68)

Lettuce (.99)

5 tomatoes (2.00)

Bread (.99)

6 bananas (1.00)

1 bag baby carrots (1.19)

4 apples (1.50)

Fajita mix (.68)

Peanut butter (4.27)

6 lbs frozen strawberries (9.96)

Yeast (2.00)

Honey (3.59)

**Total: 49.98**

## Week 3 Shopping List

1 dozen eggs (1.89)  
32 oz yogurt (1.68)  
Bread (.99)  
Lettuce (.99)  
5 tomatoes (2.00)  
1 lbs ground beef (3.69)  
1 can kidney beans (.72)  
1 can diced tomatoes (.68)  
2 cans tomato sauce (1.18)  
1 can corn (.72)  
Taco seasoning mix (.68)  
1 box spaghetti (1.00)  
1 can garbanzo beans (.72)  
1 can coconut milk (1.48)  
1 can pinto beans (.72)  
1 jalapeno pepper (.50)  
Cheese (5.99)  
4 apples (1.50)  
6 bananas (1.00)  
1 gallon milk (1.88)  
5 lbs chicken (*make sure you have at least 8  
breasts*) (10.59)  
1 box popcorn (2.00)  
½ lbs hummus dip mix (1.59)  
1 bag baby carrots (1.19)  
Soy sauce (1.89)  
Chicken bouillon (2.50)

½ lbs peanuts (2.99)

**Total: 51.77**

## Week 4 Shopping List

1 dozen eggs (1.89)

Bread (.99)

32 oz yogurt (1.68)

Butter (.99)

Oatmeal (2.50)

Granola (8.00)

Lettuce (.99)

6 tomatoes (2.10)

6 lbs stir fry veggies (6.50)

1 lbs ground turkey (2.69)

1 can kidney beans (.72)

1 can tomato sauce (.59)

2 cans diced tomatoes (1.36)

Bell pepper (.68)

Onion (.48)

1 can pinto beans (.72)

1 can corn (.72)

1 fajita seasoning mix (.68)

1 bag baby carrots (1.19)

4 apples (1.50)

6 bananas (1.00)

1 gallon milk (1.88)

Olive oil (7.99)

**Total: 47.94**