

Grocery LIST

PROTEIN

- Ground pork sausage – \$3.29
- Chicken thighs (4-5 lb) – \$6.49
- Ground beef – \$4.29
- Beef smoked sausage – \$3.15
- Eggs (1 dozen) – \$1.29

DRY GOODS

- Crescent dough (2 cans) – \$3.38
- Chocolate chips – \$1.99

PANTRY

- Soy Sauce
- Garlic Powder
- Chili Flakes
- Olive Oil
- Seasonings
- Vanilla
- Crushed Tomatoes
- Total \$6-\$8 if restocking small bottles

WEEK _____

DATE _____

DAIRY

- Cream cheese – \$1.29
- Shredded cheese (2 cups) – \$2.59

PRODUCE

- Shredded cabbage – \$2.29
- Carrots – \$1.29
- Onion (2-3) – \$1.49
- Potatoes – \$3.99
- Green beans – \$2.59
- Bell peppers (4-5) – \$3.89
- Strawberries – \$2.59

OTHERS

- Printable meal planner ( in your Freebies Library!!)
- Parchment paper - \$2.29