Grocery LIST

WEEK

DATE

PROTEIN

- Ground turkey (1 lb) – $3.29
- Chicken breasts (3.5 lbs) – $11.20
- Beef smoked sausage – $3.25
- Eggs (1 dozen) – $1.48

DAIRY

- Greek yogurt (32 oz) – $3.65
- Mozzarella cheese (8 oz) – $2.75

DRY GOODS

- Oats (42 oz) – $2.65
- Peanut butter (18 oz) – $1.69
- Chocolate chips (12 oz) – $2.09

PRODUCE

- Zucchini (2 medium) – $1.38
- Potatoes (5 lb) – $2.49
- Bell peppers (3-pack) – $2.89
- Onion (3 lb bag) – $1.99
- Fresh spinach (5 oz) – $1.69
- Cherry tomatoes – $2.29
- Bananas (3) – $0.54

PANTRY

- Garlic
- Olive oil
- Salt & pepper
- Honey

OTHERS

- Printable meal planner (🖨️ in your Freebies Library!!)
- Frozen corn – $0.95

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