

# Grocery LIST

## PROTEIN

- Ground turkey (1 lb) – \$3.29
- Boneless skinless chicken thighs (4 lbs) – approx. \$9.60 (at \$2.40/lb)

## DRY GOODS

- Canned black beans (2 cans) – \$1.18
- Brown rice (1 lb) – \$1.45
- Rolled oats (42 oz) – \$2.65
- Cinnamon – \$0.99
- Honey (12 oz) – approx. \$0.20 worth from \$3.25 bottle
- Vanilla extract (optional) – \$1.19
- Peanut butter (optional) – \$1.69
- Chocolate chips (optional) – \$1.89

## PANTRY

- Salt and pepper
- Olive oil or cooking oil
- Chicken broth or bouillon cubes

WEEK \_\_\_\_\_

DATE \_\_\_\_\_

## DAIRY

- Eggs (6 used) – \$0.94 (half a dozen from a dozen at \$1.89)
- Plain Greek yogurt (used in multiple recipes) – approx. \$0.50 from \$3.49 tub
- Shredded cheese (8 oz) – \$2.99
- Milk -\$1.55 half-gallon

## PRODUCE

- Bell peppers (3) – \$2.49
- Yellow onions (3) – \$1.50
- Garlic (1 bulb) – \$0.69
- Spinach (1.5 bags) – approx. \$2.69
- Zucchini (2) – \$1.58
- Sweet potatoes (2) – \$1.98
- Russet potatoes (2 large) – \$1.50
- Bananas (3) – \$0.65

## OTHERS

- Printable meal planner ( in your Freebies Library!!)