

Shopping List Week of January 18th	
Vegetables	
1 Butternut squash	1.27
4 onions	0.76
4 cloves garlic	0.4
1 green bell pepper	0.66
1/2 cup shredded carrots	0.25
2 potatoes, peeled	1
2 yams, peeled and diced	3.16
Canned Goods	
1 can 14 1/2 ounces diced tomatoes	1.75
1 can whole green chili	1.75
1 can (14 1/2 oz) whole kernel corn	1.65
5 cups chicken or veggie stock	2.25
Sauces and Oils	
4 TB olive oil	1.75
2 TB vegetable oil	1
1/2 cup apple cider vinegar	1.75
Dairy	
7 TB butter	3.45
4 ounces cream cheese	2.69
sharp cheddar cheese	4.99
1 to 2 cups half and half	1.15
Meat	
9 slices bacon, chopped	5.49
2 pounds pork steak	6.85
Frozen Foods	
1 20 oz. bag frozen black eye peas	3.75
Spices	
1 TB ground cumin	0.1
1 TB hot spice you like (red bell pepper flakes, cayenne pepper, etc.)	0.1
1 bay leaf	0.1
Beverages	
1 cup orange juice	1.5
1/4 cup lemon juice	0.25
Other	
1 1/2 cups small green lentils, rinsed	2.5
Total	52.32