

<b>Shopping List March 15</b>	
<b>Fruit/Vegetables/Fresh Herbs</b>	
4 onions	2
2 potatoes, chopped	0.8
2 garlic cloves, minced	0.6
1 ts lemon juice	0.25
2 TB chives	0.35
2 TB chopped herbs (your choice)	0.45
<b>Frozen Vegetables</b>	
1/2 cup frozen corn	0.56
1 cup frozen peas	2
2 cups frozen collard greens	1.92
<b>Dairy</b>	
1 egg	0.33
1 TB butter	0.19
2 TB parmesan cheese	1.34
1/2 cup milk	0.25
1 cup shredded cheese	1.75
<b>Oils/Dressings/Condiments</b>	
4 TB olive oil	2.12
<b>Grains</b>	
16 corn tortillas	1.6
1 cup breadcrumbs	3.36
1 cup uncooked quinoa	1.95
1 cup all purpose flour	0.24
1 cup lentils	0.5
4 cups rice	0.8
<b>Canned Goods</b>	
1 can (15 oz) kidney beans	1.36
2 cups chicken stock	1.76
2 cans (15 oz. each) chickpeas (garbanzo beans)	3.2
2 cups vegetable stock	0.8
2 15 oz. cans tomato sauce	2.78
1 15 oz. can chopped tomatoes	2.4
1/2 cup (12 oz. can) condensed milk	0.44
<b>Meat</b>	
4 slices bacon, sliced and diced in 1/4-inch pieces	0.85
2 chicken breasts, chopped	4.99

<b>Spices</b>	
1 TB sage	0.67
1 1/2 ts chili powder	0.19
1 TB garam masala	0.65
1 ts cumin	0.31
2 1/2 ts tumeric	0.31
1 ts cardamom	0.21
1 ts coriander	0.23
1/4 ts fennel seed	0.1
1/4 ts ginger powder	0.1
1/2 ts peppercorn	0.18
1/2 ts garlic powder	0.1
1 dried red chili pepper, minced	0.18
<b>TOTAL</b>	<b>45.17</b>