

Shopping List for Week of April 12	
Fruit/Vegetable	
2 onions	0.35
6 Roma tomatoes	1.99
1 potato	0.15
4 cups (about 1 lb) spring mix salad	4.99
1/2 cup dried cranberries	1.45
1 pound cherry or grape tomatoes	2.99
7 garlic cloves	0.45
1/4 cup mint (1/2 bunch)	0.55
2 shallots	0.35
2 carrots	0.07
1 rib of celery	0.07
1 lemon	0.25
Meat	
1 1/2 pounds ground beef	2.68
4 chicken breasts	9.98
Oils/Condiments/Spices	
2 TB taco seasoning	0.75
2 TB cumin	0.5
2 TB tumeric	0.5
1 TB ground coriander	0.15
2 ts thyme	0.05
1 bay leaf	0.05
1/4 ts nutmeg	0.05
3 TB olive oil	1.26
1 ts garlic powder	0.09
1/2 ts mustard powder	0.09
1 TB apple cider vinegar	0.09
1/2 ts hot sauce	0.09
Canned Foods	
1 can diced chilis	1.09
4 cups chicken stock	3.52
1/4 cup kalamata olives, chopped	0.95
Frozen Food	
1 16 oz. bag frozen collard greens	1.79
Dairy	
4 cups shredded sharp cheddar cheese	5.99
1/2 cup feta cheese	2.5
1 cup sour cream	1.09
8 TB unsalted butter	0.75
2 cups shredded smoked fontina cheese	2.35
4 cups milk	0.32

Grains/Pastas	
3 cups couscous	2.5
1 pound macaroni pasta	0.99
6 TB all purpose flour	0.12
4 slices bread	0.4
Other	
1/2 bag tortilla chips	1.25
1/2 cup chopped walnuts	1.07
2 1/2 cups bread crumbs	1.99
TOTAL	58.66