

Fruits/Vegetables	
9 cloves garlic	0.35
3 onions	1.5
1 potato	0.25
3 carrots	0.15
1 sweet potato (1 lb)	0.79
1 bunch broccoli (1/2 lb)	0.75
2 zucchini	1.5
3 celery stalks	0.33
8 oz. fresh bean sprouts	1.75
1 lb spinach	4.99
1 bunch green onions	1.39
1 TB ginger	0.35
2 TB fresh cilantro	0.56
Canned Goods	
1 (14 oz.) can tomato sauce	1.45
1 (14 oz) can chopped tomatoes	1.45
1 can (14 oz) vegetable broth/stock	1.75
1 (15 oz.) can red kidney beans	1.79
1 (15 oz.) can white beans	1.79
1 (15 oz.) can black beans	1.45
1 (15 oz.) can pork and beans	1.79
Oils/Condiments/Spices	
1 TB oregano	0.05
1 TB thyme	0.05
5 TB olive oil	0.72
1/2 TB fresh sage	0.55
1/2 TB fresh rosemary	0.55
1 TB paprika	0.05
1/2 ts chili powder	0.05
1 TB balsamic vinegar	0.15
1/4 cup ketchup	0.15
1/4 cup BBQ sauce	0.15
1 TB mustard	0.05
1 TB molasses	0.15
1 TB rice vinegar	0.15
1 TB sesame oil	0.15
2 TB soy sauce	0.08
1 TB corn starch	0.05
1/2 TB Chinese five spice	0.05
1 dried red chili pepper	0.05
1 TB ground coriander	0.08
1 1/2 ts ground cumin	0.08
1 ts ground tumeric	0.05
1/2 ts ground cinnamon	0.05
1/4 ts cayenne pepper	0.03

Dairy	
2 cups shredded mozzarella cheese	3.85
2 TB butter	0.21
1/4 cup milk	0.06
2 TB sour cream	0.22
1 cup whole milk yogurt	0.96
Grains/Pasta	
4 English Muffins	2.66
1 cup flour	0.45
4 servings chow mein noodles	0.9
Frozen Foods	
1 bag (16 oz.) frozen green beans	3.99
Meat	
10 slices bacon	3.29
24 chicken wings	5.25
Other	
2 TB brown sugar	0.1
TOTAL	51.56