

<b>Week of March 29 Shopping List</b>	
<b>Fruit/Vegetables</b>	
1 potato	0.25
4 onions	1.85
1 zucchini	0.79
1 pound fresh broccoli	0.87
2 lemons	0.5
5 cloves garlic	0.35
1 avocado	0.98
<b>Dairy</b>	
7 eggs	1.95
8 TB butter	0.75
2 cups milk	0.32
2 oz. Roquefort Cheese	1.66
1 cup sour cream	1.49
1 1/2 cups grated Parmesan Cheese	6.25
<b>Grains/Flours</b>	
3 tablespoons flour	0.15
1/2 cup dry bread crumbs	0.15
2 TBS masa harina (fine cornmeal)	0.15
1 lb. pasta of your choice	1.25
<b>Meat</b>	
3-4 pounds chicken parts (thighs and legs)	12.98
2 Chicken breasts	5
<b>Herbs/Spices</b>	
2 TB dried thyme	0.35
1 ts dried rosemary	0.15
1/2 teaspoon Tabasco sauce	0.25
<b>Oils/Condiments</b>	
2 TBS olive oil	1.16
<b>Canned Goods</b>	
2 1/2 quarts chicken stock	4.25

1 (28-ounce) can tomato sauce	1.99
1 can (15 oz) black beans	1.79
<b>Frozen Section</b>	
2 cups frozen corn	1.75
1 lb. frozen spinach	2.99
<b>Other</b>	
1 bag tortilla chips	4.35
<b>Total</b>	<b>56.72</b>