

## THE SHOPPING LIST

*Assuming you have some of the staples such as spices, oil, and butter – here is a list you can take to Whole Foods to get everything you need for FIVE easy and nutritious dinners. For about 60 bucks.*

### pantry

- 365 mustard of choice \$2
- 365 jar salsa of choice \$2.50
- 365 can refried black bean \$1.25
- 365 can garbanzo bean \$.80
- 365 whole wheat bread crumbs \$3
- 365 salad dressing of choice \$3
- 365 carton chicken broth \$2
- Whole Foods brand Coconut Peanut sauce \$2.50
- 365 tortilla chips \$2

### refrigerated

- Ready to bake pie crust \$4
- 365 Monterey jack cheese \$2.50
- 365 corn tortillas \$1
- heavy cream \$1.50

### frozen

- 365 organic brown rice \$3.40
- 365 organic stir fry blend vegetables \$2
- 365 chopped spinach \$2.30

### produce *(this is \$20 worth of produce – so be sure to use the \$5 off coupon)*

- 1 hass avocado \$1.50
- 1 large yellow onion \$1.50
- 3-pack romaine hearts \$3.50
- fresh tarragon \$2.50
- 1 large yam \$1.50
- 1 large sweet potato \$1.50
- 1 small Yukon gold potato \$1
- 4 bell peppers \$3.50
- 1 pound asparagus \$3
- 1 pound bag of whole carrots \$2
- additional veggies of choice for Pot Pie & Hash – *about 3 cups worth for \$4*

### meat *(\$3 off rotisserie chicken on Mondays)*

- *1/3 pound bacon (ask them to chop it!) \$3*
- *2/3 pound sausage of choice \$6*
- *whole rotisserie chicken \$7*