

Weekly Grocery Needs

- \$7 Milk (2 gals to drink)
- \$4 Milk (1 gal for yogurt)
- \$5 Bananas (3 bunches)
- \$6 Apples (about 8-9)
- \$1 Yogurt starter
- \$2 Lettuce
- \$9 3 doz eggs

\$34

Biweekly Grocery Needs

- \$3 applesauce (WF)
- \$6 stick butter (2lbs) (WF)
- \$7 Kerrygold butter (1.5lbs) (Costco)
- \$6 Olive oil (Costco) ???
- \$3 heavy whipping cream (Costco)
- \$6 spinach tub (Costco)
- \$11 frzn org. wild blueberries (Costco)
- \$11 frzn org. mxn berries 3lbs (Costco)
- \$10.00 Coffee (world market)

\$63

Monthly Costco Purchases

- \$11 5lbs shr. Mozzarella cheese
- \$12 4pk nitrate-free hot dogs
- \$7 10lb bag org. carrots
- \$6 2lbs kirkland sharp chedd. Cheese
- \$7 frozen pineapple

\$42

TFM:
WF:
HT:
FM:
TOTAL:
LEFT:

2 Week Total Regular Expenses: \$153

Additional Expenses:

\$97.48

\$40 Produce

- \$3 celery
- \$4 onions
- tomatoes
- \$3 kale/swiss chard
- oranges

\$10

\$27.48 Everything Else

- \$3 pinto beans
- \$4 Ezekial Bread
- \$3 minced onions
- \$3 raisins (WF)
- \$4 vanilla
- \$2 orzo

\$19

\$30 Meat

- \$8 whole chicken
- \$7.00 bacon
- \$10 boneless chx thighs

\$25

Remaining Funds:

\$43.50

Dirty Dozen: apples, celery, strawberries, peaches, spinach, nectarines, grapes, sweet bell peppers, potatoes, blueberries, lettuce, kale/collard greens

Clean Fifteen: onions, corn, pineapple, avoc., asp., swt peas, mango, eggplant, cantaloupe, kiwi, cabbage, watermelon, swt potatoes, grapefruit, mushroom