

2 Person Grocery List - Week 1

Meat

- 1 lb boneless chicken breast (½ lb freeze for week 2) \$6.00
- ½ lb ground beef \$3.00

Dairy

- 18 count eggs \$5.19
- 2 Lg Yogurt, flavor of choice \$2.79 x 2= \$4.58
- 1 lb margarine \$1.49
- 8 oz shredded colby jack or cheddar cheese \$2.49

Grains & Dry Goods

- Spaghetti \$1.59
- Brown Lentils \$2.29
- 1 loaf bread \$1.99
- 2 deli rolls \$1.00
- 1 Box Oatmeal \$2.00
- Flour Tortilla, large size, 8 ct \$3.09

Fruits and Vegetables

- 1 pkg frozen green beans \$1.25
- 5 lb bag russet potatoes \$3.99
- Romaine Lettuce Head \$2.49
- Cucumber \$0.69
- Tomato \$1.00
- 1 bulb garlic \$0.50
- 2 medium onion \$1.00
- Bag of apples \$3.99
- 1 avocado \$1.00

Canned Goods

- 1 can baked beans \$2.50
- Spaghetti Sauce \$1.69
- 1 28 oz can crushed tomato \$2.00
- 1 can tuna \$1.00
- Jelly \$1.99
- Peanut butter \$2.19
- Salsa \$2.19
- Refried beans 1 can \$1.19

Total \$65.37

SNAP Budget \$69.30