

Meats

- 1 lb ground beef \$4.99/lb
- Pork Chops \$5
- 1 lb boneless chicken thighs \$6.20
- 1 lb boneless chicken breast \$6
- Breakfast Sausage Kroger brand \$3.79
- 18 ct egg Kroger brand \$5.19
- 2 cans tuna \$2.00

Grains & Dry Goods

- 1 box cereal (giant or family size, max cost \$5)
- 1 (8oz) oatmeal Kroger brand \$2.00
- 2 pk English Muffin Kroger brand \$1.69 x 2
- 1 pkg egg noodle \$1.69
- Dried Basil \$1.99 (or fresh basil not to exceed 1.99)
- Penne Kroger brand \$1.25
- Jiffy Corn bread mix x 2 \$1.30
- Ramen noodles 6 pack \$2.00
- 2 Loaf bread \$1.99 x 2=3.98
- Pancake Mix \$1.99

Dairy

- 1 pk American Cheese Roundy brand (or block of cheese of choice for \$2.79 or less)
- 1 Gallon Milk \$3.19
- 4 Yogurt Chobani 4 for \$5
- Cheddar shredded cheese x 2 8 oz \$5
- Shredded Italian Blend cheese 8 oz \$2.49
- Sour Cream \$1.25

Fruits and Vegetables

- 8 bananas \$0.27 x 8 = \$2.16
- Frozen peas \$1.25
- Frozen mixed veg \$1.25
- Frozen green beans \$1.25
- Delicata squash x 2-3 \$3.00
- 1 lb fresh broccoli \$1.49
- 1 green bell pepper \$0.69
- Onion 3 lb \$3.49
- Apples \$3.99

Canned Goods

- 4 28 oz cans crushed tomato \$8
- 1 can condensed soup cream mushroom \$1.50
- 1 can condensed soup cream chicken \$1.50
- Jelly \$1.99
- 1 16 oz jar alfredo sauce \$2.00
- 2 can kidney beans \$1.78
- Apple sauce jar \$3.39
- Syrup \$2.49

\$119.99 total

SNAP allowance \$120.17

Some items from Week 1 that were already purchased will be used in Week 2:

Panko breadcrumbs

Margarine

Chicken bouillon

Garlic bulb

Soy sauce