

Shopping List for the Week of March 8th	
Vegetables	
2 onions	1.4
2 bunches broccoli	2.2
2 cloves garlic, minced	0.35
3 pounds potatoes, peeled and diced	1.2
1 bunch green onions	1.19
Frozen Foods	
2 cups frozen green beans	3.59
Dairy	
8 large eggs	2.66
2 tablespoons butter	0.38
2 cups shredded cheddar cheese	3.5
1/2 cup milk	0.08
Canned Goods	
6 cups veggie stock	5.28
Sauces/Condiments/Oils	
6 TB olive oil	2.1
2 ts mustard	0.1
1 TB soy sauce	0.25
1 jar of your favorite marinara sauce	2.79
Grains	
2 cups millet	1.35
4 flour tortillas	1.35
2 slices of bread	0.4
1 cup uncooked pasta	1.67
Meat	
6 chicken breasts	12.5
Other	
1/2 cup cashews	2
1 tablespoon fresh lemon juice	0.25
TOTAL	46.59