

			1 and 1
E G G S	☐ FLOUR	RICE	☐ POPCORN
PEANUT BUTTER	□ PASTA	☐ BEANS	☐ PRETZELS
HONEY	☐ PASTA SAUCE	☐ CEREAL	CELERY
BREAD	ONIONS	CARROTS	☐ CONDIMENTS
TUNA	☐ BELL PEPPERS	\square SQUASH	☐ RAMEN NOODLES
GROUND BEEF	LETTUCE	■ POTATOES	☐ SEASONINGS
LUNCH MEAT	T O M A T O E S	☐ SPINACH	☐ CHICKEN
TORTILLAS	☐ CUCUMBERS	CHEESE	CANNED TOMATOES
MILK	☐ APPLES	☐ YOGURT	SWEET POTATOES
OATS	☐ B A N A N A S	LENTILS	GROUND TURKEY
	☐ FROZEN FRUIT	S & VEGETABLES	
Notes:			

Everyday THRIFTY