

SAMPLE GROCERY LIST AND MEAL PLAN \$25

Check out [Welcome to ASRCC](#) page for more recipe ideas and meal tips

Sample Grocery List (amounts are approximates):

- 1 dozen eggs \$2
- 1 package boneless chicken breasts \$6
- 1 half gallon milk \$2.50
- 1 canister of oatmeal \$1.50
- 1 loaf bread (freeze half) \$2.00
- 2 bananas \$1.00
- 1 16 ounce bagged salad \$2.00 (or buy romaine and wash and shred it yourself)
- 1 package flour tortillas \$1.00
- 1 8 oz. block of cheese \$2.50
- 1 jar salsa \$2.00
- 1 bag frozen broccoli \$1.00
- 1 small jar peanut butter \$1.50

Breakfast Ideas:

- Scrambled eggs, toast
- Toast, banana
- Oatmeal & Banana

Lunch Ideas:

- Salad with Italian Chicken
- Grilled Cheese Sandwich
- Sliced boiled eggs, salad
- Smoothie made from milk, one banana and 2 tablespoons peanut butter (frozen bananas are best)
- Egg Salad (assuming you have mayonnaise on hand)
- Peanut Butter Sandwich

Dinner Ideas:

- Cheese Quesadillas with salsa
- Chicken Enchiladas steamed broccoli x2
- Fried Eggs
- Salad with Italian Chicken
- Scrambled eggs with salsa

*Planning your meals for the week according to sale items, making a shopping list created for your meal plans and sticking to it, and purchasing common ingredients on sale help you stretch your food budget and limit throwing unused food away.