

More With Less Weekly Meal Plan May

Shopping List

Produce

2 ears fresh corn \$0.40
2 bunches fresh spinach \$3.38
1 bunch scallion/green onions \$0.69
1 bunch cilantro \$0.99
4 leeks/2 bunches \$3.98
2 heads whole garlic \$1.38
4 broccoli heads \$3.98
2 onions \$0.35
1 medium shallot \$0.35
1 bunch parsley \$1.19
1 lb or 10 small red potatoes \$0.69
3 carrots \$0.34
1 fresh lemon \$0.60

Baking

2 lb bag all purpose flour \$1.19

Beans, Grains & Rice

15 oz can black beans \$0.75
1 lb bag dried beans x 4 \$5.56

Bread & Bakery

12 ct flour tortillas \$1.89
15 oz breadcrumbs \$1.59

Canned Goods

2 oz tomato paste \$0.49
8.5 oz ready-to-eat sun dried tomatoes \$3.79

Condiments & Sauces

24 oz marinara sauce \$1.59

Cheese

15 oz ricotta cheese \$1.89
16 oz mozzarella \$3.99
8 oz grated parmesan \$2.49
16 oz sharp cheddar \$3.79

Dairy

8 oz cream cheese x2 \$2.58
1 dozen large brown eggs x 2 \$4.18
32 oz plain Greek yogurt \$3.99
1 gallon whole milk \$2.79
16 oz unsalted butter \$2.69

Meat & Poultry

1 lb bacon \$3.99
3 lb boneless skinless chicken thighs \$10.47

Oil & Vinegar

17 oz olive oil \$5.69

Pasta & Noodles

12 oz jumbo pasta shells x 2 \$3.18
12 oz egg noodles \$1.19

Soups & Broth

32 oz broth x2 \$3.38

Wine & Spirits

12.7 oz white wine \$2.99

Cart Total

\$94.45



[Black Bean Spinach Enchiladas from The Garden Grazer](#)



[Chicken with Leeks, Sun-Dried Tomatoes in White Wine Sauce from Skinnytaste](#)



[Spring-Thyme Chicken Stew Recipe from Taste of Home](#)



[Deep-Dish Spinach, Leek and Bacon Quiche from foodiecrush](#)



[Broccoli Spinach Frittata with Caramelized Onions from Savory Lotus](#)



[Chicken and Broccoli Noodle Casserole from Skinnytaste](#)



[Roasted Broccoli Stuffed Shells Recipe from Vintage Mixer](#)



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