

More With Less Weekly Meal Plan #2 June

Shopping List

Produce

2 heads whole garlic \$1.38
 6 ears sweet corn \$2.40
 1 sm head green cabbage \$0.69
 1 Japanese cucumber \$2.49
 6 med carrots \$0.79
 5 med zucchini (yellow and green) \$3.38
 1 bunch radishes \$0.99
 1 red, yellow, or orange bell pepper \$0.67
 1 red bell pepper \$0.67
 1 bunch fresh mint \$1.99
 1 lime \$0.34
 1 ginger root \$0.19
 2 bunches celery \$3.38
 1/2 lb snow peas \$2.00
 1 bunch scallions \$0.69
 6 lrg yellow onions \$2.78
 1 red onion \$0.34
 1 1/2 lb yellow potatoes \$1.19
 1 bunch parsley \$1.19
 1 bunch cilantro \$0.99
 fresh dill \$1.99
 1 lemon \$0.99
 1 head napa cabbage \$0.63

Canned Goods

46 oz pineapple juice \$1.89
 4 oz can green chiles \$1.29
 15 oz can diced tomatoes \$0.69

Baking

2 lb granulated sugar \$2.19
 2 lb cornmeal \$2.99
 8 oz raw cashews \$4.29

Beans, Grains & Rice

32 oz jasmine rice \$2.39
 1 lb dry pinto beans \$1.29

Cheese

15 oz whole ricotta cheese \$1.89
 1 lb mozzarella cheese block \$4.99
 6 oz monterey jack \$1.99

Condiments & Sauces

16 oz salsa \$1.59
 24 oz pasta sauce \$1.98

Dairy

1 lb unsalted butter \$2.79
 1 gal milk \$2.79
 16 oz sour cream \$1.29
 8 oz cream cheese \$1.29

Frozen Foods

32 oz frozen corn \$1.89

Meat & Poultry

6 lb split chicken breast \$17.94

Oil & Vinegar

8 oz extra virgin olive oil \$4.99
 16 oz apple cider vinegar \$1.79

Pasta & Noodles

16 oz wide egg noodles \$1.39
 16 oz lasagna noodles \$1.49

Soups and Broth

32 oz vegetable broth x 5 \$13.45
 48 oz chicken broth \$2.49

International

2 oz kombu seaweed \$1.99
 5 oz soy sauce \$1.19

Cart Total

\$114.31



[Laarb-inspired Summer Salad](#) from Eat Recycle Repeat



[Creamy Vegetarian Enchilada Pasta](#) from Budget Bytes



[Fruit Sweetened Chinese Chicken Salad](#) from And Love It Too



[Curried Chicken and Rice Soup](#) from Food Network



[Easy Crock-pot Zucchini Lasagna](#) from Thank Your Body



[Vegetable Tamale Pies](#) from A Couple Cooks



[Sweet Summer Corn Soup](#) from Epicurious



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