

More With Less Weekly Meal Plan #3 July

Shopping List

Baked Goods:

- 24 oz sourdough bread \$2.99
- 20 oz whole wheat bread \$2.79
- 2 baguettes \$2.58
- 11 oz 4 pk pita bread \$2.69

Baking & Staples:

- 17 oz extra-virgin olive oil \$5.29
- 2 (5 oz) cans tuna in oil \$2.38
- 6 oz chopped salted roasted almonds \$3.49
- 24 oz bulgur (bulgar) wheat \$2.29

Condiments:

- 32 oz red wine vinegar \$1.99
- 12 oz dijon mustard \$0.99
- 17 oz Balsamic vinegar, to taste \$3.19
- 12 oz honey \$4.29
- 15 oz mayonnaise \$2.99

Dairy:

- 4 oz feta cheese \$1.59
- 15 oz container ricotta cheese \$1.89
- 4 oz Parmigiano-Reggiano cheese \$6.49
- 8 oz crumbled goat cheese \$7.99

Produce:

- 3 5 oz pkg arugula \$8.37
- 2 oz fresh basil \$2.99
- 5 lb carrot \$2.69

- 1 head celery \$1.69
- 1 bunch fresh cilantro \$0.99
- 2 cucumber \$1.18
- 1.3 oz fresh dill \$1.99
- 1 head garlic \$0.69
- 15 oz lemon juice \$1.79
- 1 lemon \$0.99
- 1 head romaine lettuce \$1.79
- 1 lb red onions \$0.79
- 1 red bell pepper \$0.90
- 1 pepper, yellow \$0.90
- 1 bunch scallions/green onions \$0.69
- 2 shallots \$1.60
- 4 oz grape tomatoes \$0.99
- 4 ripe tomatoes \$3.98
- 3 yellow/summer squash \$2.54
- 5 zucchini \$4.23

Dry Goods:

- 16 oz orzo \$0.89

Meat & Seafood:

- 1 pkg split chicken breast \$5.58

Canned Foods:

- 1 15.5 oz can cannellini beans \$0.69
- 7 16 oz can chickpeas/garbanzo beans \$8.33
- 1 15.5 oz can kidney beans \$0.79

Cart Total

\$114.31



[Confetti Chickpea Salad](#) from Budget Bytes



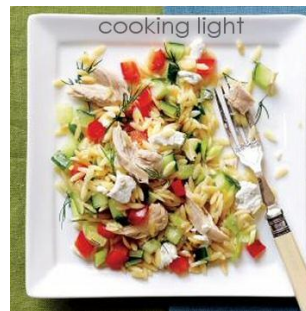
[Arugula, Italian Tuna, and White Bean Salad](#) from Cooking Light



[Gazpacho Sandwich](#) from Giada



[Chickpea Salad Sammiches](#) from Post Punk Kitchen



[Lemony Orzo-Veggie Salad with Chicken](#) from Cooking Light



[Pan-grilled Veggie Sandwiches with Ricotta, Arugula and Balsamic](#) from Dave Lieberman



[Zucchini and Bean Salad With Bulgur](#) from Real Simple



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