

More With Less Weekly Meal Plan #4 August

Shopping List

Baking & Staples

4 lb granulated sugar \$2.29
 17 oz extra-virgin olive oil \$5.29
 1 lb sunflower seeds \$3.99
 8 oz walnuts \$5.69

Condiments

32 oz red wine vinegar \$1.99

Specialty Foods

13.5 oz coconut milk (ethnic foods aisle) \$1.59

Dairy

8 oz parmesan cheese \$4.49
 6 oz feta cheese \$3.09

Produce

handful pea pods @\$3.99/lb = \$1.00
 1 head garlic \$0.69
 2 green bell peppers @\$1.99 lb = \$1.33
 fresh parsley \$1.19
 4 lb vine cluster tomatoes (sub for beefsteak) @\$1.69/lb = \$6.76
 2 peaches @\$2.99/lb = \$2.00
 3 cucumbers \$1.50
 4 ears corn \$1.60
 1 lime \$0.50
 2 oz fresh basil \$2.99

6 small red potatoes @\$0.99/lb = \$0.75
 1 bunch scallion/green onion \$0.69
 1 jalapeno chile @\$2.69/lb = \$0.14
 1 pint cherry tomatoes \$2.49
 0.66 oz fresh marjoram \$2.29
 1 bunch lemongrass \$3.49
 fresh ginger @\$2.99/lb = \$0.38
 fresh cilantro \$0.99
 5 lb carrots \$2.69
 2 medium red onion @\$0.99/lb = \$0.25
 1 yellow onion @\$0.99/lb = \$0.07
 1 bunch celery \$1.69

Dry Goods

1 lb rotini pasta \$0.89
 16 oz dried lentils \$1.39

Deli & Prepared Foods

4 oz hard salami @\$4.99/lb = \$1.25

Meat & Seafood

5 lb boneless, skinless chicken breasts pkg @\$1.99/lb = \$9.95

Canned Foods

6 oz olives \$1.69
 16 oz can chickpeas/garbanzo beans \$1.19
 28 oz can diced tomatoes \$0.95

Cart Total

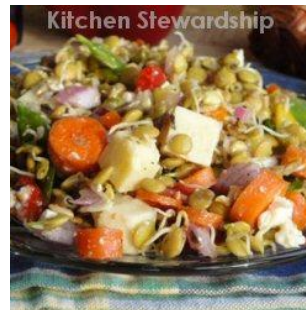
\$81.21



[Antipasto Pasta Salad](#) from Good Cheap Eats



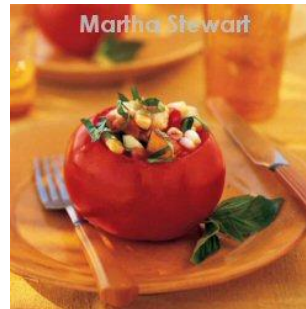
[Lemongrass Chicken Zoodles](#) from Food Renegade



[Sprouted Lentil Salad](#) from Kitchen Stewardship



[Oven Roasted Ratatouille](#) from Budget Bytes



[Stuffed Tomatoes with Peaches, Corn, Cucumbers and Basil](#) from Martha Stewart



[Hearty Tomato Lentil Soup](#) from Running on Real Food



[Summer Vegetable and Chicken Hash](#) from Martha Stewart



[More With Less 7 Day Meal Plan](#)