

Week of 11/27 - 12/3							
Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	spaghetti squash and	chicken noodle soup	wedding soup	left overs	butter chicken	chili	left overs
Ingredients	italian seasoning, spaghetti squash, ground turkey	rotisserie chicken, noodles, carrots, celery	lipton soup mix, spatzle, ground beef, romano, frozen spinach,		heavy cream, tomato sauce, chicken garlic,	ground turkey, diced tomatoes, tomato sauce, bell peppers (red and green), shredded cheese	
	PRICE ESTIMATE	PRICE ACTUAL	SALE Y/N	STORE			
<b>Dairy and eggs</b>							
eggs	\$0.99	\$0.99	Y	Safeway			
cashew milk	\$3.00	\$3.00	Y	Safeway			
shredded cheese	\$1.78	\$2.00		Safeway			
string cheese	\$5.00	\$4.59	Y	Safeway			
heavy cream	\$1.99	\$1.50	Y	Safeway			
<b>Fruit/Vegetables</b>							
spaghetti squash	\$3.00	\$2.79	Y	Safeway			
onion (bag)	\$2.00	\$3.49		Safeway			
bell pepper (1r 1g)	\$3.50	\$4.83		Safeway			
carrots	\$3.00	\$0.99		Safeway			
celery	\$2.00	\$0.99	Y	Safeway			
jalepenos	\$0.49	\$0.27		Safeway			
bananas	\$1.00	\$1.58	Y	Safeway			
strawberries	\$2.99	\$2.99	Y	Safeway			
spinach (bag)	\$2.50	\$3.00		Safeway			
thyme	\$2.00	\$0.99		Safeway			
bag salad	\$5.00	\$0.00		Safeway			
garlic	\$0.35	\$0.75		Safeway			
<b>Canned Goods/Grocery</b>							
lipton soup packets	\$1.50	\$0.99	Y	Safeway			
tomato sauce (2)	\$2.00	\$1.38	Y	Safeway			
chicken broth (2)	\$5.00	\$5.00	Y	Safeway			
cereal	\$4.00	\$3.99		Safeway			
egg noodles	\$3.00	\$1.59	Y	Safeway			
Italian Seasoning	\$5.00	\$3.39		Safeway			
cayene	\$3.00	\$2.99		Safeway			
coffee	\$6.00	\$4.99	Y	Safeway			
<b>Meat and Seafood</b>							
bc chicken breast	\$9.00	\$11.39	Y	Safeway			
ground turkey	\$4.00	\$4.99		Safeway			
rotisserie chicken	\$6.00	\$5.99		Safeway			
ground beef	\$6.00	\$6.85		Safeway			
<b>EXTRAS</b>							
romano		\$6.99	Y	Safeway			
frozen spinach		\$1.50	Y	Safeway			
1% milk		\$4.99		Safeway			
<b>TOTAL</b>	<b>\$95.09</b>	<b>\$101.77</b>					
<b>BUDGET</b>	<b>\$70</b>	<b>\$102.13</b>					
Difference	<b>-\$25.09</b>	<b>-\$32.13</b>					
MID WEEK	lettuce, salad mix, drier	12.91		Giant			
<b>Week of 11/27 - 12/3</b>							
Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	sloppy joes on sweet potatoes with veggies and dip	omelets	white chicken chili	left overs	pizza night and salad	korean beef bowls	fauce with peppers and onions
Ingredients	ground turkey, onion, honey, tomato sauce (1.5 c) with herbs, red bell pepper	eggs, cheese, green pepper ham	jalapeno, 8 ounces chopped green chilies, 4 c chicken broth, 4 c cooked chicken, shredded, 2 cans cannelini beans, lime, cilantro, cheese		pizza crust, mozzarella cheese, turkey pepperoni, red onion	ground beef, ginger, gochujang, cornstarch, zucchini, red bell pepper	chicken, green pepper, red onion, salsa, cheese, lettuce, lime, black beans
	PRICE ESTIMATE	PRICE ACTUAL	SALE Y/N	STORE			
<b>Dairy and eggs</b>							
eggs	\$1.99						
milk	\$4.00						
cashew milk	\$3.00						
mexican cheese	\$2.50						
<b>Fruit/Vegetables</b>							
bananas	\$3.00						
red bell pepper (2)	\$4.00						
green bell pepper (2)	\$2.50						
jalapeno	\$0.27						
2 cans cannelini beans	\$2.00						
lime	\$0.50						
cilantro	\$1.49						
salad mix	\$5.00						
red onion (2)	\$3.00						
ginger	\$0.50						
zucchini	\$0.49						
lettuce	\$1.00						
<b>Canned Goods/Grocery</b>							
honey	\$5.00						
peanut butter	\$5.00						
1.5 c tomato sauce with herbs	\$2.00						

