

WALMART GROCERY LIST

Meal	✓	Grocery Items to Purchase	Price
		Produce	
2		1 (.75-oz) pkg fresh basil	1.98
2		1 tomato (about 8 oz)	0.94
2		1 lemon, need 1 Tbsp grated rind and 3 Tbsp juice	0.58
2		1 (10-oz) bag chopped romaine salad, Marketside	2.98
3		3 jalapeño peppers (about 6 oz)	0.36
3,4,5		3 onions (about 1½ lb)	1.47
4		1 (8-oz) pkg sliced fresh mushrooms	1.98
4,7		1 green AND 2 red bell peppers	3.74
5		1 (12.7-oz) pkg chopped Italian salad, Marketside	3.74
7		2 yellow squash (about 1 lb)	1.68
7		2 zucchini (about 1 lb)	1.68
		Meat & Seafood	
1		2 (1-lb) pkg lean ground beef	9.94
2,7		1 (4-lb) pkg boneless, skinless chicken breasts, Tyson	7.96
3		1 (28.8-oz) pkg boneless, skinless chicken thighs, Tyson	4.97
4		2 lb boneless pork chops	7.32
5		1 (16-oz) pkg diced cooked ham, Farmland	3.68
6		1 (16-oz) pkg bacon, Great Value	4.44
		Refrigerated	
1		4 (1-oz) pkgs mozzarella string-cheese sticks, Frigo Cheese Heads	1.48
2		1 (8-oz) can refrigerated crescent rolls, Great Value	1.75
3		1 (8-oz) pkg Monterey Jack cheese, Great Value	2.48
3,5		1 (16-oz) carton sour cream, need about 1½ cups, Great Value	1.68
5,7		1 (5-oz) container shredded Parmesan cheese, need 1 cup, Frigo	2.44
6		1 dozen eggs	2.50
7		1 (16-oz) carton heavy whipping cream, need 1 cup, Great Value	2.34
7		1 (11-oz) can refrigerated breadsticks, Pillsbury	2.48
		Frozen	
1		1 (12-oz) bag frozen steam-in-bag green beans, Great Value	0.98
4		1 (12-oz) pkg frozen steamable broccoli, Great Value	0.98
4		1 (24-oz) bag frozen steam and mash potatoes, Ore Ida	3.34
5		1 (16-oz) pkg frozen peas, need 2 cups, Great Value	0.98
		Canned & Packaged	
1		1 (14-oz) box deluxe macaroni-and-cheese, Great Value	1.94
1		1 (16-oz) box saltine crackers, need 1 cup crushed, HomeKist	1.24
2		1 (16-oz) pkg long-grain rice, need 2 cups, Great Value	0.78
2,5		1 (16-oz) bottle Ranch dressing, need 1¼ cups, Kraft	1.98
2,7		1 (6.25-oz) jar pesto, need about ¾ cup, Mezzetta	2.98
3		1 (1-lb) pkg dried great Northern beans, Great Value	1.56
3		2 (4-oz) cans diced green chiles, Great Value	1.44
3		2 (6.5-oz) pkgs cornbread and muffin mix, Betty Crocker	0.96
3,4		2 (32-oz) cartons chicken broth, need 7 cups, Great Value	3.72
5		1 (16-oz) pkg egg noodles, Great Value	2.14
6		1 (32-oz) pkg pancake mix, need 4 cups, Great Value	1.68
6		1 (15-oz) can 100 % pure pumpkin, Great Value	1.43
7		1 (16-oz) pkg angel hair pasta, Great Value	1.00
		Approximate Total	\$105.72

Necessary Staples
Meal 1
2 Tbsp Montreal steak seasoning
¼ cup ketchup
2 Tbsp brown sugar
3 Tbsp butter
2 Tbsp Worcestershire sauce
2 large eggs
Meal 2
½ cup dry white wine
2 cloves garlic
Cooking spray
⅓ cup butter
Meal 3
1 Tbsp ground cumin
1 Tbsp chili powder
2 tsp garlic salt
Meal 4
1 Tbsp olive oil
2 Tbsp all-purpose flour
1 tsp dried dill
Meal 5
¼ cup butter
Meal 6
¼ cup sugar
2 tsp pumpkin pie spice
1 cup maple or favorite syrup
Cooking spray
Meal 7
3 Tbsp olive oil
2 Tbsp butter
1 tsp dried Italian seasoning

