

Nutritious and Yummy in Your Tummy Grocery list under \$35: 2 Grocery list #2– meal specific

- Can of biscuits (5 ct)- 1.00
- Dozen eggs (These fluctuate a lot)- 1.23
- Bag of oranges (4 lbs) – 4.00
- Apples (2 lbs) – 2.26 (If these fruits are higher, substitute for what's on sale at the time.)
- Flour tortillas (10 ct) – 1.70
- Bag of frozen chicken breasts (3 lb) – 5.94
- 1 package of frozen ground beef (1 lb) – 2.88
- Bag of shredded cheese (cheddar or taco style) – 2.22
- 1 taco seasoning packet – 0.44
- Yogurt (your favorite flavor – 32 oz) – 1.84
- Ready rice (your favorite flavor) – 1.98
- 1 can of vegetables (whatever kind you like best – peas, beans, corn) – 0.58
- Salad mix – 2.98
- Salad dressing (your favorite flavor) – 1.72
- Spaghetti sauce – 1.00
- Spaghetti noodles – 1.00
- Chunky salsa – 1.98

Total = \$34.45

Meal ideas:

Sunday

Breakfast

Biscuits, 2 scrambled eggs, orange

Lunch

Quesadilla: 1 tortilla, diced grilled chicken, shredded cheese, apple

Dinner

Tacos: 1/3 lb ground beef, 1/2 taco seasoning packet, 2 tortillas, shredded cheese

Monday

Breakfast

1/5 yogurt, 1 apple

Lunch

Diced grilled chicken and 1/2 package of rice

Dinner

1 grilled chicken breast, can of vegetables

Tuesday

Breakfast

1/5 yogurt, orange, leftover biscuit

Lunch

1/4 salad, diced grilled chicken, shredded cheese, dressing, apple

Dinner

Tacos: 1/3 lb ground beef, 1/2 taco seasoning packet, 2 tortillas, shredded cheese

Wednesday

Breakfast

1/5 yogurt, apple

Lunch

1/4 salad, diced grilled chicken, shredded cheese, dressing, orange

Dinner

Spaghetti: 1/3 lb ground beef, spaghetti sauce, noodles (split the sauce into 2 portions and save one for Friday's dinner)

Thursday

Breakfast

1/5 yogurt, orange

Lunch

1/4 salad, diced grilled chicken, shredded cheese, dressing, apple

Dinner

Crockpot Salsa Chicken: Place 1 chicken breast and 1/2 salsa in crockpot on low for 6-8 hours. Serve with 1 tortilla and shredded cheese.

Friday

Breakfast

1/5 yogurt, apple

Lunch

1/4 salad, diced grilled chicken, shredded cheese, orange

Dinner

Leftover spaghetti sauce with noodles

Saturday

Breakfast

Breakfast Burrito: 1 tortilla, 2 scrambled eggs, shredded cheese, salsa, orange

Lunch

Diced grilled chicken with 1/2 package of rice

Dinner

Crockpot Salsa Chicken: Place 1 chicken breast and 1/2 salsa in crockpot on low for 6-8 hours. Serve with 1 tortilla and shredded cheese.