

Raising the Bar on Nutrition: Weekly Shopping List: Family of 4						
Food	Brand	Size	Unit	\$/Each	# to Buy	Cost
ww flour	Stop & Shop	5.00	lb	2.19	1	2.19
brown sugar	Domino	1.0	lb	1.29	1	1.29
oatmeal	Quaker	18.0	oz	2.69	1	2.69
soy sauce	kikkoman	15.0	oz	3.29	1	3.29
ricotta cheese	S&S	15.0	oz	2.50	1	2.50
Cheerios	Gen. Mills	18.0	oz	4.29	1	4.29
ww bread	S&S	18.0	oz	2.00	2	4.00
ww wrap	Sahara	8.0	bag	3.99	1	3.99
ww linquine	Nature's Promise	13.2	oz	1.50	1	1.50
ww penne	Nature's Promise	13.2	oz	1.50	3	4.50
ww lasagna	Hodgson's Mills	8.0	oz	2.69	1	2.69
brown rice	Carolina	32.0	oz	2.69	1	2.69
potato, bkg	baking	1.0	each	0.49	4	1.96
potato	all purpose	5.0	lb	2.49	1	2.49
beans, black	Goya	29.0	oz	1.59	4	6.36
beans, cannellini	Goya	15.5	oz	1.00	2	2.00
beans, red	Goya	15.5	oz	1.00	2	2.00
apples	Delicious	12.0	bag	3.99	1	3.99
applesauce	S&S	25.0	oz	1.33	1	1.33
banana	yellow	1.0	each	0.49	12	5.88
fruit cocktail	S&S	30.0	oz	2.00	3	6.00
peaches	S&S	29.0	oz	2.00	3	6.00
pears	S&S	15.0	oz	1.33	4	5.33
pineapple	S&S	20.0	oz	1.00	6	6.00
raisins	S&S	15.0	oz	2.79	1	2.79
broccoli, frz	S&S	16.0	oz	1.50	2	3.00
broccoli, frz	S&S	10.0	oz	1.00	1	1.00
carrots, raw	S&S	2.0	lb	1.79	1	1.79
carrots, cnd	S&S	14.5	oz	0.80	2	1.60
corn, cnd	S&S	15.2	oz	0.80	4	3.20
mushrooms, cnd	S&S	8.0	oz	1.50	2	3.00
peppers, frz	S&S	16.0	oz	1.50	4	6.00
peas, frz	S&S	32.0	oz	2.50	1	2.50
red onion	S&S	1.0	each	0.59	4	2.36
spinach, frz	S&S	16.0	oz	1.50	2	3.00
tomato, cnd	S&S	28.0	oz	1.33	3	3.99
milk, 1%	S&S	64.0	oz	2.19	4	8.76
american cheese	S&S	24.0	sl	3.49	1	3.49
cheddar ch. shred.	S&S	8.0	oz	2.00	2	4.00
eggs	S&S	12.0	each	1.79	2	3.58
almonds	S&S	12.0	oz	6.99	1	6.99
walnuts	S&S	12.0	oz	6.99	1	6.99
peanut butter	Teddie	16.0	oz	2.49	1	2.49
olive oil	S&S	51.0	oz	13.49	1	13.49
salsa	S&S	16.0	oz	1.50	1	1.50
dried oregano	S&S	2.3	oz	2.49	1	2.49
dried basil	S&S	0.6	oz	2.49	1	2.49
TOTAL						175.47