



Build a Menu - Walmart Shopping List

DATE: February 13, 2012

Prices are approximate and may vary by store. Unless otherwise noted, prices are based on store brands. Be sure to check the list of staples at the bottom of the list to be certain you have them all.

LF = Low Fat FF = Fat Free GF = Gluten Free

Qty	Shopping Category	Cost	Recipes by Ingredient
Produce			
2	Onion(S)	\$0.74	Sw eet Potato Chow der, Barbecue Meatloaf
2	Sw eet Potatoes	\$1.56	Sw eet Potato Chow der
Freezer			
2 12 oz package	Frozen Corn	\$1.92	Sw eet Potato Chow der
1 8 oz carton	Whipped Topping	\$0.74	Fruit Jello Salad
Canned/Bottled/Packaged			
1 16 oz box	Angel Hair Pasta	\$0.92	Italian Chicken over Angel Hair Pasta
1 10.5 oz can	Tomato Soup	\$0.54	Barbecue Meatloaf
1 16 oz box	Ritz Crackers	\$2.50	Barbecue Meatloaf
1 3 oz pkg	Orange Jello	\$0.62	Fruit Jello Salad
1 8 oz can	Dole Crushed Pineapple	\$0.78	Fruit Jello Salad
1 16 oz pkg	Brow n Rice	\$0.78	Spanish Rice
1 14.5 oz can	Chicken Broth	\$0.58	Spanish Rice
1 14.5 oz can	Stew ed Tomatoes	\$0.68	Spanish Rice
1 1 pkg	Jiffy Corn Bread Mix	\$0.50	Corn Bread
Meats			
1 1.5 oz package	Chicken Breast (Fresh)	\$4.69	Italian Chicken over Angel Hair Pasta
2 (1 pound package)	Ground Beef	\$5.76	Barbecue Meatloaf
Dairy/Refrig			
1 Dozen	Egg(S)	\$1.48	Barbecue Meatloaf
1 16 oz container	Kraft Cott age Cheese	\$1.88	Fruit Jello Salad
Total =		\$26.67	

Staples

[+] Feedback

Water, Vegetable Oil, Garlic, Curry Pow der, White Cooking Wine, Milk (Skim), Cornstarch, Italian Dressing (FF), Honey, Worcestershire Sauce, Salt, Pepper, Mustard, Brow n Sugar