

Healthy Hedonist's 2-Week of Dinner

Grocery Item	Price	Qty	% Used in Dinners	Price for 2 Wks	Notes
Meat					
Roasting Chicken - 6 lbs. @ \$1.29	7.74		100	7.77	used for more than 4 meals
Keilbasa Sausage - 7 oz.	2.49		0.5	1.245	
Chicken Tenders	6.1		0.33	2.03	
Dairy					
Feta (small tub)	2.69		0.5	1.345	
Extra Sharp Cabot Cheddar	4.5		0.75	3.375	
Eggs	2.19		0.5	1.095	
Yogurt	3.99		0.25	0.9975	
1/2 and 1/2					
Oils					
Extra Virgin Olive Oil - 33.8 oz	6.49		0.25	1.6225	
Non-dairy "butter" - 13 oz.	3.99		0.25	0.9975	

Grain Products

Brown Rice	0.99lb.		1	0.99
Corn Tortillas (30 count)	1.68		0.5	0.25
Spaghetti (Tinkiaata GF)	3.99		1	3.99
Penne (Tinkiaata GF)	2.19		0.5	1.095
Hamburger buns (GF)	4.99		1	4.99

if you don't need to do GF, you can buy conventional buns for less. I did find whole wheat Orowheat buns for \$3.49 for 6 buns

Canned Goods

Coconut Milk	1.99		1	1.99
Black beans	1		1	1
Pinto beans	1		1	1
White beans	1		0.5	0.5
Diced tomatoes - 14.5 oz. can	0.72	3		2.16
Tomato paste - 6 oz.	0.99		0.5	0.495
Canned Albacore	1.87		1	1.87
Salsa (I like Pace medium) - 24.oz.	2.29		0.2	0.458
Kalamata olive pieces - 7 oz.	2.99		0.25	0.7475

Spices

Chili powder* - 6 oz.	3.19		0.25	0.7975
Curry powder*	3.49		0.2	0.698
Bouillion - Not-Chick'n brand	2.49		0.5	1.245

Frozen

Spinach	1.2		1	1.2
French fries	2.49		0.5	1.245
Peas - 12 oz.	1		1	1
Taquitos (from TJs)	3.99		0.5	1.995
Veggie burger patties	4.49		1	4.49

Produce

Carrots	1.79		0.5	0.895
Lettuce	0.99		1	0.99
Tomatoes	0.2	6	1.2	1.2
Avocados	0.75	3	1	2.25
Green Onions	0.79		1	0.79
Celery	1.49		0.5	0.75
Spinach	1.99		1	1.99
Garlic	0.5	2	1	1
Onions	0.5	2	1	1

Zuchinni	0.5	2	1	1
Broccoli	1.22			1.22
Cabbage	1.91		0.5	0.955
Cauliflower	1.51		1	1.51
Potatoes - 5 lbs.	2.49		0.25	0.6225
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