



SHOPPING LIST

ITEMS LIST

Dollar Store items:

- 1 pack tortillas (use corn for gluten free)
- 1 pack red beans
- 1 pack lentils
- 1 pack rice
- 1 package pasta
- 1 pack frozen sausage
- 1 pack frozen hamburger patties
- 1 pack frozen onions & peppers
- 1 pack frozen peas and carrots
- 1 pack frozen berry blend

Winco items:

- container quick oats
- 1 container beef bouillon
- 1 can pasta sauce
- 1 dozen eggs
- 1 apple
- 1 onion
- 1 banana
- 1 jalapeno
- 6 full size carrots
- 1 package hot dogs
- 1 package buns

NOTES : Start shopping at the Dollar Store, but check prices at other grocery stores like Winco or Walmart
