

Grocery List - \$4 a Day Meal Challenge			
Item	Store	Purchased New	Pantry Value
Sea Salt	Trader Joes		\$0.99
Pepper	Dollar Tree		\$1.00
Garlic Powder	Dollar Tree		\$1.00
Smoked Paprika	Trader Joes		\$1.99
Cinnamon	Dollar Tree		\$1.00
Turmeric	Trader Joes		\$1.99
Brown Sugar	Dollar Tree		\$1.00
Oatmeal	Dollar Tree	\$1.00	
Bananas	Trader Joes	\$0.19	
Sunflower Seeds	Trader Joes	\$1.99	
Jam	Dollar Tree	\$1.00	
Sweet Potato	Trader Joes	\$0.49	
Yellow Squash	City Fresh Market		\$2.09
Lentils	City Fresh Market	\$1.49	
Basmati Rice	Trader Joes	\$2.99	
Blueberries	Trader Joes	\$2.49	
Pasta Sauce	Dollar Tree		\$1.00
French Green Beans	City Fresh Market	\$0.99	
Popcorn Kernels	Dollar Tree		\$1.00
Rolls	City Fresh Market	\$1.00	
Pasta	City Fresh Market	\$0.89	
Barbecue Sauce	Dollar Tree		\$1.00
Burrito Wraps	City Fresh Market		\$3.49
Apples	Trader Joes		\$1.38
Onions	Trader Joes		\$0.79
Vinegar	Dollar Tree		\$1.00
Dried Cranberries	Trader Joes	\$1.79	
Sunflower Butter	Trader Joes		\$4.99
Strawberries	Trader Joes	\$1.99	
Mushrooms	Trader Joes	\$1.99	
Avocado	Trader Joes	\$0.99	
Black Beans	City Fresh Market	\$0.67	
Marshmallows	Dollar Tree	\$1.00	
Joe's O's (Cereal)	Trader Joes	\$1.99	
Broccoli Slaw (Broccoli & Carrots)	Trader Joes	\$1.99	
Lemons	Trader Joes	\$0.49	
Cucumbers	City Fresh Market	\$0.50	
Flour	Dollar Tree		\$1.00
Mango	Walgreens		\$2.19
Tomato Soup	Dollar Tree	\$1.00	
Ramen Noodles	Dollar Tree	\$1.00	
Kale	Trader Joes	\$1.99	
Broccoli	Trader Joes	\$1.49	
Potatoes	Trader Joes	\$0.49	
Sandwich Bread	Dollar Tree		\$1.00
Beets	City Fresh Market	\$0.79	
Almond Milk	Trader Joes	\$2.99	
Plantains	City Fresh Market	\$1.34	
Eggs (Organic, Free Range)	Trader Joes	\$3.49	
Flat Bread	Jacks		\$1.49
Coconut Oil	Trader Joes		\$5.99
Olive Oil	K-Mart		\$2.49
Vanilla	Dollar Tree		\$1.00
Carrot Walnut Bread	Gregory's Coffee Shop	\$3.25	
Hostess Fruit Pie	Walgreens	\$1.89	
Pears (canned)	Dollar Tree		\$1.00
Red Beans	Dollar Tree	\$1.00	
Ravioli	Jacks	\$0.99	
Cream of Wheat	Dollar Tree	\$1.00	
Red Bell Pepper	Trader Joes	\$0.99	
Bagels	Jacks	\$0.99	
Sweet Potato Fries	Dollar Tree	\$1.00	
Fried Chicken	Kennedy Fried Chicken	\$3.49	
Waffles	Dollar Tree	\$1.00	
Icecream Bar	Dollar Tree	\$1.00	
Popchips	Dollar Tree	\$1.00	
Peppers & Onions	Dollar Tree	\$1.00	
Veggie Broth	Trader Joes	\$1.99	
Peanut Butter Cups	Trader Joes	\$0.99	
Chocolate Cheesecake Muffin	Café R	\$2.25	
Dirty Potato Chips	Jacks	\$2.00	
Baking Powder	Jacks		\$1.29
			<b>\$43.16</b>