



## Yoav & Shira's Shopping List

Whole Plain Yogurt (Brown Cow - hormone-free, all natural) – 32 oz	\$2.49
Tamari (soy sauce) – 10 oz	\$2.29
Extra Virgin Olive Oil* – 8.5 oz	\$2.98
Canned tomatoes* – 2 - 28 oz cans	\$3.58
Rolled Oats* (bulk) – 1.65 lbs	\$1.47
Brown rice (bulk) – 2.35 lbs	\$1.76
Red lentils* (bulk) – 1 lb	\$1.48
Sweet Potatoes (discount bag – 3.5 lbs)	\$ .79
Black beans* (bulk) – 1.6 lbs	\$1.78
Carrots* – 1 lb bag	\$ .79
Salsa – 1 can	\$ .85
Tuna fish – 1 - 6 oz can	\$1.35
Peanut butter* (bulk) – 1 lb	\$3.19
Lettuce* – 1 head red romaine	\$1.99
Bananas – 4	\$ .90
Eggs* – 18	\$3.05
Pears* – 2	\$ .96
Butter* – 1 stick	\$1.39
Apples (Granny Smith)* – 4	\$ .88
Yellow onions (pesticide-free) – 4 large	\$ .70
Spinach* – 1/3 lb	\$1.62
Frozen peas* – 10 oz	\$1.78
Frozen broccoli* – 10 oz	\$2.05
Green chai tea – 20 bags	\$2.99
Garlic – 1 head	\$ .23
Bread* (sprouted wheat) – 1 loaf	\$3.44
Tofu* – 14 oz	\$1.89
Ginger – 1 small knob	\$ .30
Bag credit	<u>(\$ .15)</u>
<b>Total</b>	<b>\$48.82</b>

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