Nutritious and Yummy in Your Tummy Grocery list under $35: 2

Grocery list #2– meal specific

- Can of biscuits (5 ct) - 1.00
- Dozen eggs (These fluctuate a lot) - 1.23
- Bag of oranges (4 lbs) - 4.00
- Apples (2 lbs) - 2.26 (If these fruits are higher, substitute for what’s on sale at the time.)
- Flour tortillas (10 ct) - 1.70
- Bag of frozen chicken breasts (3 lb) - 5.94
- 1 package of frozen ground beef (1 lb) - 2.88
- Bag of shredded cheese (cheddar or taco style) - 2.22
- 1 taco seasoning packet - 0.44
- Yogurt (your favorite flavor – 32 oz) - 1.84
- Ready rice (your favorite flavor) - 1.98
- 1 can of vegetables (whatever kind you like best – peas, beans, corn) - 0.58
- Salad mix - 2.98
- Salad dressing (your favorite flavor) - 1.72
- Spaghetti sauce - 1.00
- Spaghetti noodles - 1.00
- Chunky salsa - 1.98

Total = $34.45

Meal ideas:

**Sunday**

**Breakfast**
Biscuits, 2 scrambled eggs, orange

**Lunch**
Quesadilla: 1 tortilla, diced grilled chicken, shredded cheese, apple

**Dinner**
Tacos: 1/3 lb ground beef, 1/2 taco seasoning packet, 2 tortillas, shredded cheese
Monday
Breakfast
1/5 yogurt, 1 apple
Lunch
Diced grilled chicken and 1/2 package of rice
Dinner
1 grilled chicken breast, can of vegetables

Tuesday
Breakfast
1/5 yogurt, orange, leftover biscuit
Lunch
1/4 salad, diced grilled chicken, shredded cheese, dressing, apple
Dinner
Tacos: 1/3 lb ground beef, 1/2 taco seasoning packet, 2 tortillas, shredded cheese

Wednesday
Breakfast
1/5 yogurt, apple
Lunch
1/4 salad, diced grilled chicken, shredded cheese, dressing, orange
Dinner
Spaghetti: 1/3 lb ground beef, spaghetti sauce, noodles (split the sauce into 2 portions and save one for Friday’s dinner)

Thursday
Breakfast
1/5 yogurt, orange
Lunch
1/4 salad, diced grilled chicken, shredded cheese, dressing, apple
Dinner
Crockpot Salsa Chicken: Place 1 chicken breast and 1/2 salsa in crockpot on low for 6-8 hours. Serve with 1 tortilla and shredded cheese.

**Friday**

**Breakfast**
1/5 yogurt, apple

**Lunch**
1/4 salad, diced grilled chicken, shredded cheese, orange

**Dinner**
Leftover spaghetti sauce with noodles

**Saturday**

**Breakfast**
Breakfast Burrito: 1 tortilla, 2 scrambled eggs, shredded cheese, salsa, orange

**Lunch**
Diced grilled chicken with 1/2 package of rice

**Dinner**
Crockpot Salsa Chicken: Place 1 chicken breast and 1/2 salsa in crockpot on low for 6-8 hours. Serve with 1 tortilla and shredded cheese.