

## Whole Foods Shopping Trip (6 People for \$150/week)

365 Organic Corn Tortillas - 12 ct	\$	0.99
Organic Corn Chips (Non-GMO)	\$	2.69
Organic Honeycrisp and Fireside Apples \$2.99/lb	\$	10.29
Avocados - 4/\$5	\$	3.75
Organic Heirloom Tomatoes - 2 ct	\$	2.47
Organic Red Chard	\$	2.49
Organic Cucumber	\$	2.07
Organic Carrots - 3 lb	\$	3.69
Yellow Onion	\$	1.29
Organic Garlic	\$	0.37
Organic Cilantro	\$	2.00
Organic Chioggia Beets \$1.99/lb	\$	1.45
Globe Grapes \$2.99/lb	\$	6.40
Organic Bananas \$0.99/lb	\$	2.70
Organic Okra \$3.99/lb	\$	2.59
Organic Lacinto Kale	\$	1.99
365 Organic Tomato Paste	\$	1.19
Tomato Sauce 2/\$5	\$	5.00
365 Organic Beans 15 oz can x2	\$	2.38
31/40 Shrimp 2 lbs Frozen	\$	19.99
Whole Fryer Chicken (Step 2)	\$	7.08
Beef Sirloin Tip Roast \$4.99/lb	\$	7.49
Chicken Sausage 12 oz	\$	4.99
365 Hummus	\$	2.69
Cheddar Cheese	\$	4.99
KG Butter	\$	4.99
Organic Cage-Free Eggs - 2 dozen	\$	7.58
Organic Cream-Top Yogurt 32 oz	\$	3.00
Organic Glass Bottle Milk	\$	4.39
Eden Foods Organic Yellow Popcorn Kernals (Non-GMO)	\$	2.17
Bob's Red Meal Stone Ground White Grits - 24 oz	\$	3.69
Arrowhead Mills Buckwheat Flour - 32 oz	\$	5.99
Rolled Oats \$1.39/lb	\$	3.28
Almonds \$9.99/lb	\$	4.40
365 Organic Unrefined Coconut Oil	\$	7.99
Subtotal	\$	150.50
Bag credit	\$	(0.50)
Vendor Coupon	\$	(1.00)
Vendor Coupon	\$	(1.00)
Store Coupon	\$	(1.00)
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<b>Final Total</b>	<b>\$</b>	<b>146.00</b>
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