

Item	Amount	Pantry	Budget
			\$96.60
Apple	3	Grocery	\$1.69
Baby carrots	1 bag	Grocery	\$2.00
Bananas	6	Grocery	\$1.80
Black beans	3 15oz cans	Grocery	\$1.80
Butternut squash	1	Grocery	\$3.00
Cannellini Beans, Dry	half pound, dry	Grocery	\$1.80
Carrots, whole	2 lb	Grocery	\$1.23
Cauliflower	1	Grocery	\$2.81
Cheddar Cheese, grated	8 oz	Grocery	\$2.40
Chia seeds	6 tbsp	Grocery	\$2.00
Coconut milk, can	12 oz can	Grocery	\$2.40
Coffee	1 lb	Grocery	\$5.99
Corn, one ear	1 ear	Grocery	\$0.46
Cucumber	1	Grocery	\$0.65
Eggs	2 dozen	Grocery	\$2.80
Freekeh	2 cups	Grocery	\$2.00
Fresh cilantro	1/4 cup	Grocery	\$1.80
Frozen mango [17 oz.]	17 oz	Grocery	\$2.30
Garlic	3-4 heads, large	Grocery	\$2.80
Ginger, fresh	1 tbsp	Grocery	\$0.45
Green onion	1 bunch	Grocery	\$0.98
Green pepper	1	Grocery	\$1.99
Italian Eggplant	1 large	Grocery	\$1.04
Jalapeño	1	Grocery	\$0.82
Kale	2 lb bag or equivalent	Grocery	\$5.30
Kidney Beans	2 cans	Grocery	\$2.00
Lemon	2	Grocery	\$0.70
Lettuce	1 bag	Grocery	\$2.50
Lime	1	Grocery	\$0.50
Nut butter	1 jar	Grocery	\$3.25
Onion	6	Grocery	\$1.82
Parmesan cheese	4 oz	Grocery	\$1.40
Plain greek yogurt	1 32 oz container	Grocery	\$3.50
Pumpkin	1 can	Grocery	\$1.70
Quinoa	6 oz, from bulk section	Grocery	\$1.20
Red pepper	1	Grocery	\$1.50
Russett Potatoes	5	Grocery	\$2.27
Salted pumpkin seeds	4 oz, from bulk section	Grocery	\$1.20
Spinach	2 bags	Grocery	\$2.50
Steel cut oats	6 cups	Grocery	\$2.99
Sweet potato	1	Grocery	\$0.70
Tahini	3 oz	Grocery	\$3.00
Tomato	3	Grocery	\$1.50
Tomato paste	2 12 oz cans	Grocery	\$1.80
Tomatoes, Diced, Canned	1 28 oz can	Grocery	\$2.00
Vegetable broth	1 8-oz package	Grocery	\$1.27
White onion	2	Grocery	\$0.80
Whole wheat tortillas	18 ct.	Grocery	\$2.87
Zucchini	2	Grocery	\$1.32

Basil		Pantry	
Cayenne Pepper		Pantry	
Chili Powder		Pantry	
Chipotle pepper (ground)		Pantry	
Cinnamon		Pantry	
Coconut oil		Pantry	
Cumin		Pantry	
Dijon Mustard		Pantry	
Fresh herbs (anything from a pot or garden)		Pantry	
Honey		Pantry	
Nutmeg		Pantry	
Nutritional yeast		Pantry	
Olive Oil		Pantry	
Pepper		Pantry	
Pumpkin pie spice		Pantry	
Salt		Pantry	
thyme		Pantry	
Turmeric		Pantry	
Vanilla		Pantry	