

**WHOLE FOODS GROCERY LIST**

<b>Ingredient</b>	<b>Brand/Deal</b>	<b>Price / quantity</b>	<b>Amount Needed</b>	<b>Total Quantity</b>	<b>Total Cost</b>
Honey	Bulk	\$4.99 / 16 oz	20 tsp	3.33 oz	\$ 1.04
6 cups oatmeal (48 oz)	Bulk	\$1.49 / 16 oz	6 cups	48 oz	\$ 4.47
6 bananas (2 lbs; 32 oz)	Produce	\$0.89 / 16 oz	6 bananas	32 oz	\$ 1.78
Frozen Strawberries (16 oz bag)	365 Organic, every day deal	\$1.69 / 16 oz	1 bag	16 oz	\$ 1.69
Frozen Blueberries (16 oz bag)	365 Organic	\$3.99 / 16 oz	1 bag	16 oz	\$ 3.99
12 eggs	365 Large White Eggs, Cage Free	\$2.79 for 12	12 eggs	12 pack	\$ 2.79
Ground nutmeg	Bulk	\$1.69 / oz	1/2 oz	1/2 oz	\$ 0.85
Ground cinnamon	Bulk	\$0.66 / oz	1 Tbsp	1/2 oz	\$ 0.33
1 can canned pumpkin	365 Organic	\$1.59 / 16 oz can	1 can	1 can	\$ 1.59
2 packages frozen spinach (16 oz bag each)	365 Organic	\$2.69 / 16 oz	2 packs	32 oz	\$ 5.38
Walnuts (2 walnuts = 1/16 of 1 lb)	Bulk	\$9.99 / 16 oz	1/8 cup	1 oz	\$ 0.62
Unsweetened Organic Soy milk (32 oz)	365 Organic, every day deal	\$1.69 / 32 oz	1 box	32 oz	\$ 1.69
Unsweetened Almond Milk (32 oz)	365 Organic, every day deal	\$1.99 / 32 oz	1 box	32 oz	\$ 1.99
2 White Onions (each onion is 3/4 lb)	Produce	\$1.69 / lb	2 onions	24 oz	\$ 2.54
2 Red Onions (each onion is 3/4 lb)	Produce	\$1.79 / lb	2 onions	24 oz oz	\$ 2.69
Dried Thyme	Bulk	\$1.03 / oz	1 Tbsp	1/2 oz	\$ 0.52
Dried Rosemary	Bulk	\$0.69 / oz	1 Tbsp	1/2 oz	\$ 0.35
Dried Oregano	Bulk	\$1.18 / oz	1 oz	1 oz	\$ 1.18
Whole wheat pizza dough (fresh)	Whole Foods Brand	\$1.29 / package	1 pack	1 pack	\$ 1.29
Shredded Mozzarella (8 oz bag)	365 Organic	\$3.99 / 8 oz	1 pack	8 oz	\$ 3.99
Shredded Mexican cheese (16 oz)	365 Organic	\$5.29 / 16 oz	1 pack	16 oz	\$ 5.29
2 boxes Veggie Broth (32 oz each)	365 Organic	\$1.99 / 32 oz	2 boxes	64 oz	\$ 3.98
6 whole wheat tortillas	365 Organic	\$1.69 for 6 tortillas	8 tortillas	2 packs of 6	\$ 3.38
Pizza sauce	Muir Glen Organic	\$2.39 / 15 oz	1 can	15 oz	\$ 2.39
Tomatoes (need 4; 4 tomatoes = 1 lb)	Produce	\$2.99 / lb	4 tomatoes	1 lb	\$ 2.99
Handful spinach = 1/16 lb	Produce	\$5.99 / lb	1 handful	1 oz	\$ 0.37
1 butternut squash = 2 lb	Produce	\$1.29 / lb	1 squash	2 lb	\$ 2.58
Ground Cumin	Bulk	\$1.07 / oz	1 oz	1 oz	\$ 1.07
Whole Wheat Pasta (fusili or penne)	365 Organic, every day deal	\$1.39 / 16 oz	1 box	16 oz	\$ 1.39
1 Can Fire Roasted Tomatoes with Chilis (15 oz)	Muir Glen Organic	\$2.19 / 15 oz	1 can	15 oz	\$ 2.19
Jarred Pasta Sauce (1 jar, 25 oz)	365 Marinara	\$2.29 / 25 oz	1 jar	25 oz	\$ 2.29
2 heads garlic = 1/3 lb	Produce	\$6.99 / lb	2 heads	1/3 lb	\$ 2.33
2 empire apples = 3/4 lb	Produce	\$1.69 / lb	2 apples	3/4 lb	\$ 1.27
2 cans refried black beans (16 oz each)	365 Organic	\$1.49 / 16 oz	2 cans	32 oz	\$ 2.98
Jarred Salsa (32 oz)	365 Organic, Mild Salsa	\$3.99 / 32 oz	1 jar	32 oz	\$ 3.99
1 avocado	Produce	\$1.79 each	1 avocado	1 avocado	\$ 1.79
Lettuce	Produce	\$1.99 for 1 bunch	1 bunch	1 bunch	\$ 1.99
3 cans beans (black, pinto, kidney)	365 Organic, every day deal	\$1.19 / can; \$0.89 non organic	3 cans	non organic	\$ 2.67
1 can corn (16 oz)	365 Organic, every day deal	\$0.89 / 16 oz	1 can	16 oz	\$ 0.89
1 sweet potato (weighs 3/4 lb)	Produce	\$1.99 / lb	1 potato	3/4 lb	\$ 1.49
28 oz can crushed tomatoes	365 Organic	\$1.99 / 28 oz	1 can	28 oz	\$ 1.99
Chili Powder	Bulk	\$1.08 / oz	1 oz	1 oz	\$ 1.08
Cayenne Pepper	Bulk	\$2.07 / oz	1/2 oz	1/2 oz	\$ 1.04
Garlic Powder	Bulk	\$0.78 / oz	1 oz	1 oz	\$ 0.78
Frozen Veggies for stir fry	California Blend, 365 Organic (16 oz)	\$2.69 / 16 oz	16 oz	16 oz	\$ 2.69
2 boxes tofu (14 oz)	365 Organic, every day deal	\$1.49 / box	2 boxes	2 boxes	\$ 1.49
Asian Sauces (Peanut, Teriyaki, Soy Ginger, Soy S	365 Organic	\$2.69 / 10 oz bottle	1 bottle	1 bottle	\$ 2.69

**TOTAL COST** **\$ 99.83**