

Grocery List & Estimated Price Breakdown

Grains & Pantry

- Rolled oats (42 oz) — \$4.00
- Panko breadcrumbs — \$2.00
- Tortilla chips — \$3.00
- Maple syrup or brown sugar — \$3.50
- Olive or neutral oil — \$4.00
- Soy sauce — \$2.00
- Nutritional yeast — \$4.50

Produce

- Yellow onions — \$2.00
- Garlic — \$1.00
- Lemons — \$1.50
- Blueberries (fresh or frozen) — \$3.00
- Bell peppers — \$3.00
- Carrots — \$1.50
- Cucumber — \$1.50
- Red onion — \$1.50
- Cabbage or salad greens — \$3.00
- Fresh berries (for breakfasts) — \$4.00

Protein & Refrigerated

- Extra-firm tofu (3 blocks) — \$6.00
- Plant milk (half gallon) — \$3.00

Canned & Dry Goods

- Black beans (1 can) — \$1.00
- Chickpeas (1 can) — \$1.00
- Corn (frozen or canned) — \$1.50
- Peanut butter — \$2.50
- Chia seeds — \$3.50

Estimated Total: \$54–\$60

(Prices vary by store and region)