STUDIOLINK RECIPE

Weekly Grocery List with Estimated Prices (EBT-Friendly)

Produce

Spinach, mushrooms, cherry tomatoes, eggplant, sweet potato, bell peppers, garlic, lemons, berries, cucumber, greens, basil, herbs

Dairy & Eggs

Eggs, milk, Greek yogurt, cottage cheese, ricotta, feta, mozzarella, parmesan, halloumi, butter

Grains

Bread, pasta, noodles, oats, flour, polenta, breadcrumbs

Legumes & Protein

Chickpeas (3 cans recommended to be safe), white beans (1 can), peanut butter, pistachios, tahini

Pantry

Olive oil, honey, soy sauce, harissa, marinara, crushed tomatoes, baking powder, broth, red wine vinegar, chili flakes, salt & pepper

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