

SHOPPING COMPANION

Grocery List *& Budget*

The full week, priced item by item for a two-adult household, plus the optional swaps that bring the total down without dropping below the iron, protein, or choline goals.

\$140.84

WEEK TOTAL

\$3.35

PER ADULT MEAL

49

ITEMS ON THE LIST

\$127

WITH ALL 3 SWAPS

01 HOW THIS LIST IS PRICED

What the number covers

Walmart, Great Value store brand where available. Base prices were checked on walmart.com on September 25, 2026, with no store set — so a local shelf price can differ. All prices are before sales tax.

The list covers **mom + 1 adult for 7 days**, plus the breastfeeding snacks. That is the most food any version of the plan needs, so a formula-feeding household will come in a few dollars under. It assumes **salt (iodized), pepper, garlic powder, and cooking oil or spray are already on hand**.

THE EXACT-COUNT ITEMS

Eggs (36 of 36) and **pitas (6 of 6)** come out exactly even — there is no spare. A broken egg or a torn pita means a quick swap, so it is worth buying the next size up if your store has one.

Tortillas (6 of 8 used), mandarins (49 from 4 bags), and red bell peppers (5 of 6 used) all have a little room to spare.

ALREADY IN YOUR KITCHEN (NOT PRICED)

- Iodized salt
- Black pepper
- Garlic powder
- Cooking oil or cooking spray

02 BY THE NUMBERS

Where the money goes

Pantry items make up the largest share of the week, but they are also the section that carries furthest into week two. Protein is the second-largest line and the one doing the most nutritional work.

SECTION	ITEMS	COUNT	SUBTOTAL	SHARE
Protein	Beef, chicken, salmon, eggs, lentils, black beans	10	\$40.71	29%
Pantry	Cereal, oats, nut butter, cocoa, breads, sauces, rice	19	\$44.75	32%
Produce	Mandarins, peppers, bananas, sweet potatoes, cucumber, onion	6	\$27.46	19%
Dairy	Milk, Greek yogurt, cheddar, string cheese	5	\$16.82	12%
Frozen	Spinach, broccoli, strawberries, corn	4	\$11.10	8%
Week total, before tax			\$140.84	100%

About \$12 of the pantry total is cocoa, honey, ketchup, and soy sauce — items that last well past one week, along with most of the oats, peanut butter, and rice. Week two costs meaningfully less.

03 THE FULL LIST

Every item, priced

Organized by store section so you can shop the aisles in one pass. Tap a checkbox to mark an item off.

ITEM	QTY	PRICE	TOTAL	USED IN
PROTEIN				
☐ 85% lean ground beef, 1 lb tray	2	\$5.98	\$11.96	Crumble
Week total, before tax			\$140.84	

ITEM	QTY	PRICE	TOTAL	USED IN
☐ Boneless skinless chicken thighs, 3 lb (frozen)	1	\$9.87	\$9.87	Salsa chicken, plain chicken
☐ Alaskan pink salmon, 14.75 oz can	2	\$3.97	\$7.94	Salmon pitas, salmon rice bowl
☐ Large eggs, 18 ct	2	\$3.46	\$6.92	Egg squares (30), scramble (6)
☐ Red lentils, 1 lb	1	\$2.18	\$2.18	Crumble (1½ cups)
☐ Black beans, 15 oz can	2	\$0.92	\$1.84	Salsa chicken
Protein subtotal			\$40.71	
DAIRY				
☐ Whole milk, 1 gallon	1	\$3.30	\$3.30	Smoothies, Feed Snack, egg squares
☐ Plain nonfat Greek yogurt, 32 oz	1	\$3.28	\$3.28	Yogurt cups, salmon dishes
☐ Sharp cheddar, finely shredded, 16 oz	2	\$3.48	\$6.96	Egg squares, 7 meals
☐ Mozzarella string cheese, 12 ct	1	\$3.28	\$3.28	Night Snack (breastfeeding only)
Dairy subtotal			\$16.82	
PRODUCE				
☐ Mandarin oranges, 3 lb bag	4	\$3.29	\$13.16	49 mandarins for the week
☐ Red bell pepper, each	6	\$1.52	\$9.12	5 meals (½ pepper per serving), 1 spare
☐ Bananas, each	4	\$0.20	\$0.80	Smoothie bags
☐ Sweet potatoes, 3 lb bag	1	\$2.15	\$2.15	Loaded sweet potatoes (2 large)
☐ Cucumber, each	2	\$0.76	\$1.52	5 meals
☐ Yellow onion, each	1	\$0.71	\$0.71	Crumble
Produce subtotal			\$27.46	
FROZEN				
☐ Chopped spinach, 16 oz	2	\$1.26	\$2.52	Egg squares (1 bag), smoothies, scramble
Week total, before tax			\$140.84	

ITEM	QTY	PRICE	TOTAL	USED IN
☐ Broccoli cuts, 12 oz steamable	2	\$0.94	\$1.88	Sweet potatoes, beef bowl
☐ Whole strawberries, 16 oz	2	\$2.86	\$5.72	Yogurt cups, smoothie bags
☐ Whole kernel corn, 12 oz steamable	1	\$0.98	\$0.98	Soup, burrito bowl
Frozen subtotal			\$11.10	
PANTRY				
☐ Toasted O's cereal, 18 oz	1	\$2.47	\$2.47	Snack mix, yogurt cups
☐ Pepitas (pumpkin seeds), 8 oz	1	\$3.58	\$3.58	Snack mix, bites, yogurt cups
☐ Raisins, 12 oz	1	\$2.86	\$2.86	Snack mix
☐ Instant old fashioned oats, 18 oz	1	\$2.72	\$2.72	Bites, smoothie bags
☐ Creamy peanut butter, 16 oz	1	\$1.98	\$1.98	Bites, smoothies, peanut wraps
☐ Unsweetened cocoa, 8 oz	1	\$4.73	\$4.73	Bites, smoothie bags (carries into week 2)
☐ Honey, 12 oz	1	\$3.54	\$3.54	Carries into week 2
☐ Large burrito flour tortillas, 8 ct	1	\$2.12	\$2.12	Taco wraps, quesadillas, peanut wraps (6 used)
☐ White pita bread, 6 ct	1	\$2.24	\$2.24	Salmon pitas, beef pitas (all 6 used)
☐ Sweet Hawaiian rolls, 12 ct	1	\$2.97	\$2.97	Sliders (4 used)
☐ 100% whole wheat bread, 20 oz	1	\$2.02	\$2.02	Egg breakfasts, scramble (10 slices)
☐ Long grain enriched rice, 16 oz	1	\$0.92	\$0.92	Prep Day rice (2 cups dry)
☐ Thick and chunky salsa, 16 oz	2	\$1.97	\$3.94	Salsa chicken, 4 meals
☐ Restaurant style tortilla chips, 13 oz	1	\$2.32	\$2.32	Nachos, soup
☐ Tomato paste, 6 oz	1	\$0.92	\$0.92	Crumble
☐ Reduced sodium chicken broth, 32 oz	1	\$1.50	\$1.50	Soup (2 cups)
☐ Ketchup, 24 oz	1	\$1.72	\$1.72	Sliders (carries into week 2)
Week total, before tax			\$140.84	

ITEM	QTY	PRICE	TOTAL	USED IN
☐ Soy sauce, 15 oz	1	\$1.73	\$1.73	3 meals (carries into week 2)
☐ Taco seasoning, 1 oz	1	\$0.47	\$0.47	Taco wraps
Pantry subtotal			\$44.75	
Week total, before tax			\$140.84	

04 NOTES

What changes the total

SALES TAX

Depends on your state. Tennessee, for example, taxes groceries at 4% plus a local rate of up to 2.75%, which comes to **\$9.51 or less in Nashville**. Check your own state’s grocery tax rate before budgeting the final number.

WEEK TWO IS CHEAPER

Cocoa, honey, ketchup, and soy sauce (\$11.72) last well past one week, and so do most of the oats, peanut butter, and rice. If you cook this plan twice, the second week’s list is meaningfully shorter than the first.

FORMULA FEEDING

Skips the string cheese, which takes about **\$3** off the list. The bite ingredients all show up in other meals, so skipping the bites leaves the list otherwise unchanged.

05 OPTIONAL

Ways to spend less

These are optional. Each tip alone — and all three together — keeps every day at or above the iron, protein, and choline goals on the standard plan.

–\$4.73

Skip the cocoa

The bites and smoothies taste less chocolatey. The lowest day dips to 91.5 g protein and 21.9 mg iron — still above the goals.

–\$2.97

Sloppy Joes on toast

Serve open-faced on 2 slices of whole wheat toast per person, using the loaf already on the list. No meaningful nutrition change.

–\$5.98

1 lb beef in the crumble

Add $\frac{3}{4}$ cup more red lentils to compensate. About 5 g less protein per crumble meal and a little less heme iron. Lowest day stays at 92 g protein, 22.2 mg iron; choline drops to 580 mg. **Standard plan only.**

–\$13.68

All three together

Brings the week to about **\$127.16 before tax**. Lowest day: 91.5 g protein, 21.9 mg iron, 580 mg choline — every goal still met.

06 DAIRY-FREE

If your baby's doctor has removed dairy

These are the adjustments for a cow's milk protein allergy. Every recipe card in the meal plan lists its own dairy-free swap, and the dairy-free version still meets all three daily goals on all seven days.

CHANGE	ITEM	QTY	AMOUNT	NOTES
Remove	Whole milk, 1 gallon	1	–\$3.30	Replaced by soy milk
Remove	Plain nonfat Greek yogurt, 32 oz	1	–\$3.28	Replaced by soy yogurt
Remove	Sharp cheddar, finely shredded, 16 oz	2	–\$6.96	Replaced by dairy-free shreds
Remove	Mozzarella string cheese, 12 ct	1	–\$3.28	Night Snack becomes pumpkin seeds
Dairy-free week total			\$146.65	+\$5.81 vs. base list

CHANGE	ITEM	QTY	AMOUNT	NOTES
Remove	Sweet Hawaiian rolls, 12 ct	1	−\$2.97	Serve on whole wheat toast instead
Add	Silk Original Soy Milk, half gallon	2	+\$7.94	Smoothies, Feed Snack, egg squares. 8 g protein per cup.
Add	Silk Vanilla Soy Yogurt Alternative, 5.3 oz cup	4	+\$6.64	Yogurt cups (1 cup per person, skip the honey)
Add	Violife Just Like Cheddar Shreds, 8 oz	1	+\$5.32	Quesadillas and nachos only; other meals skip the cheese
Add	Mayonnaise, 15 oz	1	+\$2.12	Salmon pitas and salmon rice bowl
Add	Pepitas (pumpkin seeds), 8 oz — second bag	1	+\$3.58	Night Snack and dairy-free smoothies
Dairy-free week total			\$146.65	+\$5.81 vs. base list

TWO THINGS TO CHECK BEFORE YOU SWAP

Bread, tortillas, and pitas: check the labels for milk or whey. The whole wheat loaf covers the Sloppy Joes on toast — about 14 of 20 slices are used.

If your doctor also removes soy: use unsweetened pea milk and a pea-protein yogurt, and check protein on the label. Keep the full 2 lb of beef in the crumble — with only 1 lb, two dairy-free days dip just under the goals, to about 89 g protein and 547 mg choline at the lowest.

About this list. Prices were checked on walmart.com on September 25, 2026, with no store set, and the dairy-free prices on October 5, 2026. Prices are before sales tax and will vary by store and location. Product sizes and labels change — confirm the cereal carries 45% to 50% of the Daily Value for iron per cup before you buy it, since the iron totals in the plan depend on it.

One-Handed Iron Repletion Plan · 7 Days · October 2026 · Developed by Emahlea Wilcher, MPH, RD, LD, founder of New Approach Health.