**Grocery List for** [**"Plant-Based Foods Are Affordable--Feed a Family for Less Than $130 Week"**](http://blog.eatplant-based.com/how-to-feed-a-plant-based-family-for-less-than-130week/)

**EatPlant-Based.com**

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| **BREAKFASTS** | | **Grocery List** | |
|  | Product | For Recipe | Price |
|  | Frozen hash browns 30 oz | No-Oil Hash Browns | $1.69 (Aldi) |
|  | Yellow onions 2 lb bag | Hash Browns & Breakfast Wrap | $1.49 (Aldi) |
|  | Tofu organic 1 pkg | Breakfast Scramble Wrap | $2.49 (Ingles) |
|  | Multi bell peppers 16 oz | Breakfast Scramble Wrap | $1.79 (Aldi) |
|  | Fresh spinach Organic 1 lb | Breakfast Scramble Wrap | $3.99 (Costco) |
|  | Whole wheat tortillas pkg of 10 | Breakfast Scramble Wrap | $2.68 (Ingles) |
|  | Organic whole grain bread (loaf) | Grits & Toast | $3.50 (Costco) |
|  | Grits 24 oz | Grits & Toast | $1.29 (Aldi) |
|  | Old fashioned oats 42 oz | Oatmeal & Fruit | $2.39 (Aldi) |
|  | Fresh strawberries | Oatmeal & Fruit | $2.99 (Aldi) |
|  | Bananas .44 per lb | Oatmeal & Fruit | $.44 (Aldi) |
|  | Almond milk 1/2 gallon | Oatmeal & Fruit | $2.29 (Aldi) |
|  | Oats **(\*)** | Banana Oat Pancakes | **(\*)** |
|  | Almond milk **(\*)** | Banana Oat Pancakes | **(\*)** |
|  | Whole wheat pastry flour 5 lbs | Banana Oat Pancakes | $2.99 (Trader Joe's) |
|  | Baking soda 16 oz | Banana Oat Pancakes | $.49 (Aldi) |
|  | Crushed walnuts 8 oz | Banana Oat Pancakes | $2.99 (Aldi) |
|  | Bananas **(\*)** | Banana Oat Pancakes | **(\*)** |
|  | Maple syrup 8.5 oz | Banana Oat Pancakes | $3.99 (Aldi) |
|  | Apple cider vinegar | Banana Oat Pancakes | $1.14 (Ingles) |
|  | Tofu organic 1 pkg | French Toast | $2.49 (Ingles) |
|  | Blackstrap molasses 16 oz | French Toast | $2.75 |
|  | BREAKFASTS TOTAL: |  | $43.87 |

**(\*) Already Purchased for Another Recipe**

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**(\*) Already Purchased for Another Recipe**

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| **LUNCHES** | | **Grocery List** | |
|  | Product | For Recipe | Price |
|  | Whole wheat tortillas **(\*)** | Veggies in a Blanket | **(\*)** |
|  | Black Beans 15 oz | Veggies in a Blanket B.B Spread | $.59 (Aldi) |
|  | Salsa 24 oz | Veggies in a Blanket B.B Spread | $1.49 (Aldi) |
|  | Cumin | Veggies in a Blanket B.B Spread | $.99 (Aldi) |
|  | Shredded carrots | Veggies in a Blanket | $1.48 (Ingles) |
|  | Spinach or lettuce leaves **(\*)** | Veggies in a Blanket | **(\*)** |
|  | Bell peppers **(\*)** | Veggies in a Blanket | **(\*)** |
|  | Whole grain bread **(\*)** | Smashed Chickpea Avocado Spread | **(\*)** |
|  | Organic chickpeas 15 oz | Smashed Chickpea Avocado Spread | $.79 (Aldi) |
|  | Avocado | Smashed Chickpea Avocado Spread | $1.29 (Aldi) |
|  | Fresh cilantro 1 bunch | Smashed Chickpea Avocado Spread | $.97 (Ingles) |
|  | Fresh limes whole bag | Smashed Chickpea Avocado Spread | $.99 (Aldi) |
|  | Baking potatoes 5 lb bag | Baked Potato Bonanza | $2.69 (Aldi) |
|  | McDougall Soup Cup | Baked Potato Bonanza | $2.00 (Ingles) |
|  | Cilantro **(\*)** | Baked Potato Bonanza | **(\*)** |
|  | Rice paper wraps 25 wraps | Thai Spring Rolls | $1.99 (Asian Store) |
|  | Broccoli slaw bag | Thai Spring Rolls | $1.99 (Ingles) |
|  | Spinach leaves **(\*)** | Thai Spring Rolls | **(\*)** |
|  | Dry roasted peanuts | Thai Spring Rolls | $2.39 (Aldi) |
|  | Spring roll dipping sauce | Thai Spring Rolls | $4.99 (Asian Store) |
|  | Spinach leaves **(\*)** | Spinach Citrus Salad | **(\*)** |
|  | Fresh strawberries **(\*)** | Spinach Citrus Salad | **(\*)** |
|  | Mandarin oranges 1 can | Spinach Citrus Salad | $.98 (Walmart) |
|  | Raspberry Vinaigrette Fat-Free | Spinach Citrus Salad | $2.00 |
|  | Fresh kale 1 bunch | Mexican Kale Blue Corn Salad | $1.99 (Ingles) |
|  | Lemon or lime juice **(\*)** | Mexican Kale Blue Corn Salad | **(\*)** |
|  | Red onion | Mexican Kale Blue Corn Salad | $1.39 (Ingles) |
|  | Frozen Roasted Corn 20 oz | Mexican Kale Blue Corn Salad | $2.49 (Trade Joe's) |
|  | Black Beans 15 oz | Mexican Kale Blue Corn Salad | $.59 (Aldi) |
|  | Salsa **(\*)** | Mexican Kale Blue Corn Salad | **(\*)** |
|  | Pumpkin seeds 1/8th lb | Mexican Kale Blue Corn Salad | $1.00 (health store |
|  | Baked blue corn chips | Mexican Kale Blue Corn Salad | $1.99 (Trader Joe's) |
|  | LUNCHES TOTAL: |  | $37.07 |

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**(\*) Already Purchased for Another Recipe**

|  |  |  |  |
| --- | --- | --- | --- |
| **DINNERS** | | **Grocery List** | |
|  | Product | For Recipe | Price |
|  | Whole wheat pasta 8 oz | Artichoke Marinara Spaghetti | $2.48 (Ingles) |
|  | Yellow onions **(\*)** | Artichoke Marinara Spaghetti | **(\*)** |
|  | Fresh garlic | Artichoke Marinara Spaghetti | $.49 (Ingles) |
|  | Baby Portobello's 8 oz | Artichoke Marinara Spaghetti | $1.49 (Aldi) |
|  | Organic marinara sauce | Artichoke Marinara Spaghetti | $1.89 (Aldi) |
|  | Artichoke hearts 1 can | Artichoke Marinara Spaghetti | $2.49 (Ingles) |
|  | Whole grain bread **(\*)** | Artichoke Marinara Spaghetti | **(\*)** |
|  | Bulgur 28 oz bag | Vegan Nacho Supreme | $4.38 (Ingles) |
|  | Beans (black, chickpea, pinto) | Vegan Nacho Supreme | $1.77 (Aldi) |
|  | Dry taco seasoning | Vegan Nacho Supreme | $.77 (health store) |
|  | Fire roasted tomatoes 15 oz | Vegan Nacho Supreme | $.89 (Aldi) |
|  | Potatoes **(\*)** | Vegan Nacho Supreme | **(\*)** |
|  | Onions **(\*)** | Vegan Nacho Supreme | **(\*)** |
|  | Carrots **(\*)** | Vegan Nacho Supreme | **(\*)** |
|  | White beans 15 oz | Vegan Nacho Supreme | $.79 (Aldi) |
|  | Lemon or lime juice **(\*)** | Vegan Nacho Supreme | **(\*)** |
|  | Nutritional yeast | Vegan Nacho Supreme | $.99 (bulk bins) |
|  | Spinach leaves **(\*)** | Vegan Nacho Supreme | **(\*)** |
|  | Salsa **(\*)** | Vegan Nacho Supreme | **(\*)** |
|  | Potatoes **(\*)** | Hearty Veggie & Barley Soup | **(\*)** |
|  | Onions **(\*)** | Hearty Veggie & Barley Soup | **(\*)** |
|  | Carrots **(\*)** | Hearty Veggie & Barley Soup | **(\*)** |
|  | Celery | Hearty Veggie & Barley Soup | $.99 (Aldi) |
|  | Spinach leaves **(\*)** | Hearty Veggie & Barley Soup | **(\*)** |
|  | Cauliflower | Hearty Veggie & Barley Soup | $1.99 (Aldi) |
|  | Fire roasted tomatoes 15 oz | Hearty Veggie & Barley Soup | $.89 (Aldi) |
|  | Tomato juice | Hearty Veggie & Barley Soup | $1.50 (Ingles) |
|  | Creole seasoning | Hearty Veggie & Barley Soup | $4.50 (IGA) |
|  | Barley 1/2 cup | Hearty Veggie & Barley Soup | $.50 |
|  | Bulgur **(\*)** | No-Meat Loaf & Salad | **(\*)** |
|  | Whole Wheat bread **(\*)** | No-Meat Loaf & Salad | **(\*)** |
|  | Old fashioned oats **(\*)** | No-Meat Loaf & Salad | **(\*)** |
|  | Fire roasted tomatoes | No-Meat Loaf & Salad | $.89 (Aldi) |
|  | Onion **(\*)** | No-Meat Loaf & Salad | **(\*)** |
|  | Celery **(\*)** | No-Meat Loaf & Salad | **(\*)** |
|  | Carrots **(\*)** | No-Meat Loaf & Salad | **(\*)** |
|  | Bell peppers **(\*)** | No-Meat Loaf & Salad | **(\*)** |
|  | Walnuts **(\*)** | No-Meat Loaf & Salad | **(\*)** |
|  | Soy sauce | No-Meat Loaf & Salad | $2.39 (Ingles) |
|  | Dijon mustard | No-Meat Loaf & Salad | $.99 (Aldi) |
|  | Ketchup | No-Meat Loaf & Salad | $1.49 (Aldi) |
|  | Salad items **(\*)** | No-Meat Loaf & Salad | **(\*)** |
|  | Black beans 15 oz | Black Bean Burgers | $.59 (Aldi) |
|  |  |  |  |
|  | Oats **(\*)** | Black Bean Burgers | **(\*)** |
|  | Bell pepper **(\*)** | Black Bean Burgers | **(\*)** |
|  | Onions **(\*)** | Black Bean Burgers | **(\*)** |
|  | Ketchup **(\*)** | Black Bean Burgers | **(\*)** |
|  | Chili powder, steak seasoning | Black Bean Burgers | $.99 each (Aldi) |
|  | Whole grain buns 4 buns | Black Bean Burgers | $1.50 (health store |
|  | Organic tofu 1 pkg | Veggie Udon Stir Fry | $2.49 (Ingles) |
|  | Green onions | Veggie Udon Stir Fry | $1.49 (Aldi) |
|  | Baby Portobello's **(\*)** | Veggie Udon Stir Fry | **(\*)** |
|  | Fresh spinach **(\*)** | Veggie Udon Stir Fry | **(\*)** |
|  | Bell peppers **(\*)** | Veggie Udon Stir Fry | **(\*)** |
|  | Snow peas 8 oz | Veggie Udon Stir Fry | $2.58 (Walmart) |
|  | Udon Noodles 10 oz | Veggie Udon Stir Fry | $2.10 (Ingles) |
|  | Sesame seeds from bulk | Veggie Udon Stir Fry | $.99 (Ingles) |
|  | Ginger | Veggie Udon Stir Fry | $.99 (Ingles) |
|  | Soy sauce **(\*)** | Veggie Udon Stir Fry | **(\*)** |
|  | Garlic **(\*)** | Veggie Udon Stir Fry | **(\*)** |
|  |  |  |  |
|  | LUNCHES TOTAL: |  | $48.28 |

**Total Cost for 18 Meals for 5 $129.22**

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