

Monthly Spending List
Average \$400 per month

MEAT:	Quantity:	Approx Cost:	Notes:
Ground Turkey/Beef	15.lbs	\$30.00	I buy 5 .lbs rolls
Sausage	10.lbs	\$10.00 *sale price @ discount store	I mix sausage w/ beef, or instead of beef, as much as possible.
Chicken {boneless/skinless}	5.lbs	\$10.00	This is a treat! Mainly I peel chicken from the bones.
Chicken {w/ bones}	10.lbs	\$5.00	*I use to make many recipes, including BBQ, casseroles, homemade stocks, etc.
Tuna {canned}	10 cans	\$5.00	\$60.00

DAIRY:	Quantity:	Approx Cost:	Notes:
Milk	15 gallons	\$45.00	
Cheese	Varies	\$20.00	*Depends on deals. If there's a sale, which I've found before, I will be the mad lady with a cart of cheese!
Yogurt	12/6 oz.	\$3.00	*Marked down yogurt, to make homemade yogurt from.
Sour Cream	2/32 oz.	\$5.00	
Coffee Creamer	2/32 oz.	\$5.00	*Moms treat :)
Cottage Cheese	2/32 oz.	\$5.00	
Eggs	15 dozen	\$21.00	*Lots of protein! Plus, we love mixing in "breakfast for dinner."
Butter	2 tubs	\$5.00	\$109.00

Produce:	Quantity:	Approx Cost:	Notes:
Cabbage	1 head	\$3.00	*Soup/Coleslaw
Carrots	2 bag	\$3.00	*Soup/Slaw/Snacks
Onions	1 bag	\$3.00	
Green Peppers	3 to 4	\$2.00	
Potato Bag	15 .lb bag	\$5.00	
Other {deals}		\$10.00	*Sale/Special Items \$26.00

Bread/Beans/ Dry Goods:	Quantity:	Approx Cost:	
Whole Wheat Bread	10-15 loafs	\$10-\$15	*Dollar Tree usually has shipments of Natures Own Bread for \$1
Dry Pinto Beans	2/32. oz bags	\$5.00	
Bisquick	96. oz	\$5.00	*I cheat, sorry.
Corn Bread Mix	10	\$5.00	
Flour		\$2.00	
Sugar	5 .lb bag	\$5.00	
Oatmeal	25 .lb bag	\$16.00	* I buy these every other
Brown Rice	25 .lb bag	\$16.00	shopping trip.
Romen Noodles	2 boxes	\$5.00	* Always good for a quick lunch or fill in.
Coffee		\$10.00	*Coffee is REALLY going UP!
			\$84.00

Non-perishables:	Quantity:	Approx Cost:	
Apple Sauce	10 jars	\$15.00	*A big snack item in our house.
Veggie Can Goods	Varies	\$15.00	*Again, I just work the
Fruit Can Goods	Varies	\$15.00	best deal on both.
Cooking Spray	2 cans	\$3.00	
Noodles	Varies	\$5.00	
Tomato Sauce	4-128 .oz cans	\$12.00	*I use as a base in chili, spaghetti, homemade sauces, some soups, etc.
Condiments/Spices	Varies	\$10.00	
Cream of Mushroom		\$10.00	
Jelly	2/32. oz jars	\$4.00	
Peanut Butter	2/40. oz jars	\$8.00	
OTHER DEALS	Deals, stock up, more deals :)	\$20.00	\$110.00

\$400 Total! However, this is not to say we will not add in a bushel of fruit from the orchard too :)