

FEED YOUR FAMILY (of 4) FOR UNDER \$125 / WEEK AT WHOLE FOODS MARKET

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A Whole Foods Market Hacks Blogger

WEEKLY MENU PLAN

Meal #	Breakfast Ideas	COST PER MEAL (not per person)	
1	Cheesy Blueberry-Sausage Egg Burritos	\$	5.50
2	Pumpkin Baked Oatmeal (2 breakfasts)	\$	3.48
3	Quinoa Yogurt Parfait (2 breakfasts)	\$	5.06
Lunch Ideas			
4	Spicy Lentil Wraps & Carrot/Craisin Salad	\$	8.61
5	Pizza & Ants on a Log	\$	5.67
6	Wafflewich PBJ & Peaches	\$	4.30
7	Leftovers Frittata	\$	3.95
Dinner Ideas			
8	Broiled Tilapia with Parmesan Zucchini	\$	10.03
9	Whole Roasted Chicken with Summery Tomato Salad	\$	5.33
10	Apricot Glazed Pork with Sweet Potato & Broccoli	\$	15.03
11	Jamaican Tilapia Rice & Bean Bowl	\$	3.72
12	Clean Eating Chicken Soup	\$	7.23
13	BBQ Apple Sliders with Fries	\$	16.16
14	Sweet Potato Black Bean Wraps	\$	8.19
TOTAL COST FOR WEEK		\$	102.26

SHOPPING LIST

QTY	ITEM	MEAL #	LOCATION
1 pkg	Vermont Slider Buns	13	Bakery
1	Bakery French Baguette	8, 12	Bakery
2	365 Tortillas (small)	1, 4	Bakery
1	Large Tortillas	14	Bakery
1/2 lb	Organic Green Lentils	4	Bulk Bins
1/3 lb	Organic Red Quinoa	3	Bulk Bins
1/4 lb	Bulk Cranberries	3, 5	Bulk Bins
1/8 lb	Raw Pecan Halves	3	Bulk Bins
1/ lb	Bulk Rolled Oats	2	Bulk Bins
1/2 lb	Bulk Wild Rice	11	Bulk Bins
1/3 Gallon	365 Organic Whole Milk	2	Dairy
1 doz	Organic Eggs	1, 2, 7	Dairy
1 lb	365 Shredded Cheddar Cheese	1, 13, 4	Deli
1/4 lb	Grated Parmesan	8	Deli
1/4 lb	Cold Food Bar - Red Cabbage	11	Food Bar
1 box	Van's Multigrain Waffles	6	Frozen
1 small	WFM Frozen Cheese Pizza	5	Frozen
1 bottle	365 Red Pepper Feta Dressing	4	Grocery
1 bottle	365 Organic Olive Oil	8, 9, 10	Grocery
1	Simply Organic Taco Seasoning	4	Grocery
1	365 Canned Black Beans	14, 7	Grocery
1	365 Canned Pinto Beans	11	Grocery
1	365 Creamy Peanut Butter	6, 5	Grocery
1	365 Organic Canned Pumpkin	2	Grocery
1	365 Apricot Spread	6, 10	Grocery
1	365 Chicken Whole	9, 12	Meat
1/3 lb	Chicken Blueberry Sausage	1	Meat
1 lb	Ground Beef	13	Meat
1 lb	Pork Cutlets	10	Meat
2	Pink Lady Apples	3, 13	Produce
2 boxes	Baby Spinach	4, 12, 7	Produce
3 large	Organic Garnet Yams	10, 14	Produce
6	Non GMO Corn on the Cob	8	Produce
1	Cucumber	9	Produce
3 loose	Organic Carrots	12	Produce
1	Lemons	8	Produce
2	Peaches	6	Produce
2	Zucchini	8	Produce
1 pkg	Celery Hearts	5, 12	Produce
6	Organic Tomatoes	9, 4, 7	Produce
2 crowns	Broccoli	10	Produce
1	Garlic	9, 12	Produce
2	Russet Potatos	13	Produce
1	Onion	12	Produce
2/3 lb	Tilapia Fillet	8, 11	Seafood
1 bottle	Country Ketchup	13	Seafood