



### **ANIMAL PROTEIN**

ITEM	PRICE
4 lbs hormone-free <a href="#">chicken</a>	\$21.96
5 lbs <a href="#">ground beef</a>	\$12.45
4 dozen hormone-free cage-free <a href="#">eggs</a>	\$7.96
Total	\$42.37

### **FATS**

ITEM	PRICE
2 small jars natural <a href="#">peanut butter</a>	\$6.58
2 large <a href="#">avocados</a>	\$1.79
1 bag omega <a href="#">trail mix</a>	\$4.69
1 bottle <a href="#">olive oil</a> (8.5oz)	\$2.55
Total	\$15.61

### **FIBROUS CARBS AND NUTRIENT-RICH FOODS**

ITEM	PRICE
4 heads organic <a href="#">broccoli</a>	\$2.49
3 large <a href="#">bell peppers</a>	\$2.69
2 bags French <a href="#">green beans</a>	\$1.99
1 large bag organic <a href="#">spinach</a>	\$1.99
Total	\$9.16

### **CARBOHYDRATES**

ITEM	PRICE
1 bag sweet potato fries	\$2.29
5-lb bag <a href="#">sweet potatoes</a>	\$2.69

2 cans <a href="#">black beans</a>	\$1.99
6 large <a href="#">bananas</a>	\$1.14
6 large <a href="#">apples</a>	\$3.54
2 lbs <a href="#">raw oats</a>	\$3.99
Total	\$15.64

**COOKING SPICES AND  
MISC. ITEMS**

ITEM	PRICE
<a href="#">Cayenne pepper</a>	\$3.25
<a href="#">Cracked pepper</a>	\$2.25
<a href="#">Green tea bags</a>	\$3.12
Hot <a href="#">salsa</a>	\$2.99
<a href="#">Coffee</a>	\$3.74
<a href="#">Limes</a>	\$2.00
Total	\$17.35

**FINAL TOTAL \$100.13**