

Category	Item	Quantity	Average Cost
Protein Sources	Eggs	18 large	\$4.00
	Canned Tuna	2 cans (5 oz each)	\$3.00
	Chicken Breast	6 lbs	\$30.00
	Turkey Breast	1 lb	\$8.00
	Salmon Filets	12 oz	\$12.00
	Lean Beef Strips	12 oz	\$9.00
	Grilled Shrimp	12 oz	\$12.00
	Baked Cod Filets	12 oz	\$10.00
	Whey Protein Powder	5 scoops	\$3.00
	Low-fat Cottage Cheese	5 cups	\$10.00
	Greek Yogurt	5.5 cups	\$7.00
	Low-fat Cheese (shredded + slices)	1/2 cup shredded + 5 slices	\$5.00
	High-Protein Bars	5 bars	\$10.00
	Vegetables	Spinach	4 cups fresh
Mixed Greens		6 cups	\$6.00
Cherry Tomatoes		1/2 cup	\$2.00
Chickpeas		1/4 cup	\$1.00
Broccoli		2 cups	\$3.00
Green Beans		3 cups	\$4.00
Asparagus		1 cup	\$4.00

	Mushrooms	1/2 cup	\$2.00
	Bell Peppers	1/4 cup	\$2.00
	Zucchini	1 cup	\$2.00
	Romaine Lettuce	2 cups	\$3.00
	Onions	1 cup diced	\$1.00
Fruits	Avocados	3 whole	\$6.00
	Pineapple Chunks	1/2 cup	\$2.00
	Mixed Berries	2 cups	\$6.00
	Bananas	3 whole	\$1.50
	Apple	1 medium	\$1.00
	Blueberries	1/2 cup	\$3.00
Whole Grains	Whole Grain Bread	4 slices	\$2.00
	Whole Grain Tortilla	1	\$1.00
	Brown Rice	3 cups cooked	\$2.00
	Quinoa	1 cup cooked	\$3.00
	Whole Grain Pancakes (pre-made or ingredients)	Enough for 2 pancakes	\$3.00
	Rolled Oats	1/2 cup	\$1.00
Dairy	Low-fat Cottage Cheese	1 cup	\$2.00
	Greek Yogurt	5.5 cups	\$7.00
	Low-fat Cheese (shredded + slices)	1/2 cup shredded + 5 slices	\$5.00

	Parmesan Cheese	1/4 cup	\$3.00
Nuts and Seeds	Almonds	5 tablespoons	\$2.00
	Chia Seeds	1 tablespoon	\$1.00
	Peanut Butter	1 tablespoon	\$0.50
	Walnuts	1 tablespoon	\$0.50
	Almond Butter	1 tablespoon	\$1.00
	Sesame Seeds	1 tablespoon	\$1.00
Fats and Oils	Olive Oil	5 tablespoons	\$1.00
	Butter	1 tablespoon	\$0.50
Condiments	Honey	2 tablespoons	\$1.00
	Caesar Dressing (light)	1 tablespoon	\$0.50
Pantry Essentials	Salt and Pepper	As needed	\$0.50