

Southern Savers \$65/week Meal Plan Shopping List

- ☐ 1 gallon milk
- ☐ 1 lb. butter
- ☐ 4 dozen eggs
- ☐ 2 packages sliced cheese
- ☐ 16 oz. cheese
- ☐ 24 oz frozen meatballs
- ☐ 1 package deli meat
- ☐ 1 package hot dogs
- ☐ 1 lb. pork sausage
- ☐ 1 lb. ground beef
- ☐ 1 small package pepperoni
- ☐ 1 bag frozen peas
- ☐ 4 packages frozen vegetables
- ☐ 1 package frozen french fries/tater tots
- ☐ 1 bottle salad dressing
- ☐ 2 jars pasta sauce
- ☐ 1 box pasta
- ☐ 2-3 boxes macaroni and cheese
- ☐ 2 boxes instant oatmeal
- ☐ 1 box pancake mix
- ☐ 1 bottle pancake syrup
- ☐ 1 box cornbread mix
- ☐ Rice
- ☐ 1 package English muffins
- ☐ 2 packages hot dog buns
- ☐ 2 loaves bread
- ☐ 2-4 lb. fruit
- ☐ 1.5-2 lb. raw veggies
- ☐ 1 onion
- ☐ 3 cans diced tomatoes
- ☐ 6 cans beans
- ☐ 3 cans tomato soup