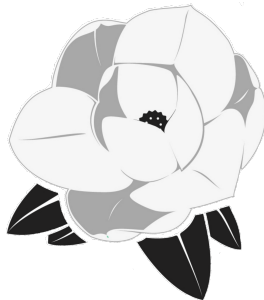


\$90/week Budget Vegan Meal Plan Cost Breakdown

Item	Amount	Cost per	Total
Tortillas	1 package	\$1.20	\$1.20
Bread flour	5 lb	\$2.63	\$2.63
Chia seeds	12 tbsp.	\$2.99/lb	\$2.99
Unsweetened shredded coconut	7 oz	\$1.98	\$1.98
Unsweetened applesauce	23 oz	\$0.92	\$0.92
14 oz artichoke hearts	3 cans	\$1.88	\$5.64
15 oz black beans	1 can	\$0.44	\$0.44
15 oz chickpeas	2 cans	\$0.44	\$0.88
Coconut milk	4 cans	\$0.98	\$3.96
Roasted red peppers	1 jar	\$1.58	\$1.58
Petite diced tomatoes	2 cans	\$0.40	\$0.80
Tomato paste	2 cans	\$0.40	\$0.80
Tomato sauce	1 can	\$0.40	\$0.80
Vegetable broth	4 quarts	\$0.99	\$3.96
Chili garlic sauce	18 oz.	\$2.74	\$2.74
Banana chips	12 oz	\$2.26	\$2.26
Brown lentils	16 oz.	\$0.98	\$0.98
Brown rice	3 lb bag	\$2.59	\$2.59
Old fashioned oats	1 big container	\$2.29	\$2.29
Fettuccine	1 box	\$0.72	\$0.72
Peanuts	16 oz.	\$1.88	\$1.88
Peanut butter	16 oz	\$1.15	\$1.15
White rice	3 lb bag	\$1.67	\$1.67
Rice noodles	14 oz.	\$2.18	\$2.18
Hummus	1 container	\$1.99	\$1.99
Frozen broccoli	24 oz	Free	Free
Frozen corn	1 cup	Free	Free
Frozen mango chunks	16 oz	\$3.00	\$3.00

Frozen cut spinach	4 oz	Free	Free
Avocado	1	\$0.99	\$0.99
Bananas	2	\$0.33/lb	\$0.10
Frozen green beans	16 oz	Free	Free
Carrots	1 bag	\$1.09	\$1.09
Cilantro	1 bunch	\$0.78	\$0.78
Collard green	1 bunch	\$4.27/2 lb	\$4.27
Garlic	4-5 bulb	\$0.48 ea.	\$2.50
Lemons	1 bag	\$2.79	\$2.79
Mushroom	42 oz	\$0.98/8 oz	\$5.88
Green onions	1 bunch	\$0.79	\$0.79
Onions	6	\$2.99/lb	\$2.99
Red onion	1	\$0.50 each	\$0.50
Parsley	1 bunch	\$0.78 ea.	\$0.78
Bell peppers	4	\$0.96 ea.	\$3.84
Portobello mushroom cap	1	\$1.98	\$1.98
Baby potatoes	5 cups	\$2.99	\$2.99
Sweet potatoes	9 each	\$0.50 ea.	\$4.50
Baby spinach	3 cups	\$1.19/6 oz	\$1.19
Yellow squash	1	\$1/lb	\$0.30
Tomato	1	\$1.29/lb	\$0.40
Zucchini	1	\$1/lb	\$0.30
		Total cost	\$90.99



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