

TARGET ONE PAN PLAN



Snack



- Lundbergs brown rice cakes.....\$2.00 (3 =\$.50)
- Caroline's fishless tuna.....\$2.39 (1/2 can=\$1.15)
- Taylor Farms baby spinach.....\$4.19 (1/2 cup= \$.52)
- Fresco mini cucumbers.....\$3.49 (1 =\$.44)
- Good Life Organics tomatoes.....\$4.49 (2=\$.60)
- Mrs. Dash seasoning.....\$2.92 (1/4tsp =\$.03)
- Simply Balanced twisted fruit.....\$2.99 (1=\$.37)

Total = \$3.61

Dinner



- Archer Farms Gnocchi.....\$3.99 (1/2 package = \$1.99)
- Classico fire roasted pizza sauce.....(1/2 jar = \$.89)
- Taylor Farms broccoli.....\$3.49 (1/4 package =\$.87)
- Organic zucchini.....\$2.49 (1/2 = \$1.25)
- Organic Red Onion.....0.99 (1 slice = \$.10)
- Monterrey mushroom vitamin D.....1.99 (4=\$.64)
- Taylor Farms baby spinach.....\$4.19 (3/4 cup= \$.78)
- Good Life Organics tomatoes.....\$4.49 (2=\$.30)
- Organic lime.....\$.39 (1/4=\$.09)
- Mrs. Dash seasoning.....\$2.92(1/4tsp= \$.03)

Total = \$6.94

Breakfast



- Market Pantry hash browns.....\$1.49 (1/2 bag =\$.75)
- Market Pantry mixed veggies.....\$1.22 (1/4 bag=\$.31)
- Simply Balanced baked beans....\$2.49 (1/2 can=\$1.25)
- Taylor Farms baby spinach.....\$4.19 (1/2 cup= \$.52)
- Good Life Organics tomatoes.....\$4.49 (2=\$.30)
- Heinz sriracha ketchup.....\$2.50 (1Tb= \$.11)
- Mrs. Dash seasoning.....\$2.92(1/4tsp= \$.03)

Total = \$3.27

Lunch



- Misson corn tortillas.....\$2.44 (4 =\$.32)
- Simply Balanced wild rice.....\$2.17 (1/2 bag = \$1.09)
- Neat veg meat.....\$6.49 (1/8 cup = \$.81)
- Juanitas hominy.....\$1.18 (1/4 cup = \$.20)
- Taylor Farms baby spinach.....\$4.19 (1/2 cup= \$.52)
- Good Life Organics tomatoes.....\$4.49 (2=\$.30)
- Simply Balanced original salsa....\$4.29 (1/4 cup = \$.57)
- Cholula hot sauce.....\$3.37 (1/2tsp= \$.06)
- Organic Red Onion.....0.99 (1/2 slice = \$.05)
- Market Pantry diced green chile.....\$1.02 (1Tb=\$.07)
- Dr. McDougall's black bean soup \$2.94 (3/4 cup=\$1.10)
- Bear Naked Fit granola.....\$4.29 (1/4 cup = \$.39)
- Simply Balanced freeze dried apples \$3.49 (1/4 pkg=\$.87)
- Simply Balanced frozen berries \$14.39 (1/4 cup=\$.45)

Total = \$6.80