

STUDIOLINK RECIPE

Weekly Grocery List with Estimated Prices (EBT-Friendly)

Grains

- Oats – \$4
- Rice (5 lb bag) – \$6
- Pasta – \$3
- Crackers or bread – \$3

Produce

- Bananas – \$2
- Apples – \$3
- Frozen mixed berries – \$4
- Spinach or greens – \$3
- Carrots – \$2
- Cucumbers – \$2
- Tomatoes – \$4
- Sweet potatoes – \$3
- Zucchini – \$2
- Collard greens – \$3
- Avocados (2-3) – \$3
- Lemon – \$1

Legumes & Proteins

- Chickpeas (3 cans) – \$3
- White beans (2 cans) – \$2
- Black beans (1 can) – \$1
- Dry lentils – \$3

Pantry

- Peanut butter – \$3
- Hummus – \$4
- Coconut milk (2 cans) – \$4
- Crushed tomatoes – \$3
- Chia seeds – \$3
- Maple syrup – \$3
- Olive oil – \$5

Estimated Total: \$50–\$55
(Prices vary by store and region)