

\$100 Grocery Master Pantry List & Price Tracker

When you see a low price, make a note in pencil. The challenge is always to spot a price lower than the one you have recorded. If you find a rock-bottom price, stock up!

Produce

Onions	_____
Garlic	_____
Bell Pepper	_____
Spinach	_____
Tomatoes	_____
Carrots, whole	_____
Celery	_____
Seasonal Vegetables	_____
_____	_____
_____	_____
_____	_____

Meats

Chicken Thighs	_____
Whole Chicken	_____
Pork Butt	_____
Beef Chuck Roast	_____
Frozen Meatballs	_____
Ground Beef	_____
Boneless Pork Chops	_____

Dry Goods

Rice	_____
Canned Tomato Sauce	_____
Canned Diced Tomatoes	_____
Canned Tomato Paste	_____
Canned Crushed Tomatoes	_____
Green Enchilada Sauce	_____
Dry Black Beans	_____
Dry Kidney Beans	_____
Dry White Beans	_____
Tortillas	_____
Spaghetti Noodles	_____
Salsa	_____
Tortilla Chips/Taco Shells	_____
Sugar	_____
Salt	_____
Cornstarch	_____
All Purpose Flour	_____
Active Dry Yeast	_____
_____	_____
_____	_____
_____	_____

Refrigerated Goods

Butter

Milk

Cheddar Cheese

Grated Parmesan

Eggs

Other

Seasonings

Olive Oil

Barbecue Sauce

Red Wine Vinegar

Soy Sauce

Sesame Oil

Onion Powder

Chili Powder

Cumin

Thyme

Paprika

Dried Oregano

Dried Basil

Salt

Pepper

Honey