

WEEK ONE PALEO

Item	Qty	Cost	Total
Tuna (can)	6	\$1.33	\$7.99
Eggs (doz)	3	\$3.67	\$10.97
Coconut milk	2	\$1.98	\$3.96
Salmon Fillet	0.246	\$20.90	\$5.14
Ground turkey	1.025	\$11.69	\$11.98
Small sausage (6 per pack)	2	\$5.99	\$11.98
Large sausage (2 per pack)	2	\$5.99	\$11.98
Sirloin tip roast	0.925	\$11.28	\$10.43
Stewing beef	0.56	\$8.48	\$4.75
Asparagus	0.465	\$6.55	\$3.05
Bananas (13)	2.24	\$1.70	\$3.81
Carrots 2lb	1	\$1.28	\$1.28
Granny Smith apples 6lb	1	\$6.98	\$6.98
Kale	3	\$1.28	\$3.84
Onion 3lb	1	\$1.47	\$1.47
Spinach - large box	1	\$4.99	\$4.99
Green peppers	4	\$0.45	\$1.78
Spinach - large bunch	1	\$0.68	\$0.68
Sweet potatoes (9)	5.075	\$2.82	\$14.31
Potted basil plant	1	\$3.99	\$3.99

TOTAL COST

\$125.36