





Fruits			Protein		
Raw, frozen, or cooked/canned fruit, dried fruit or 100% fruit juice			Seafood, lean meat, or poultry, eggs, peanut butter, cooked beans, peas, or lentils or nuts or seeds		
					
Item	Estimated Price	Actual Price	Item	Estimated Price	Actual Price
Total:	0	0	Total:	0	0

**Weekly Budget: \$ \_\_\_\_\_.**

<b>Vegetables</b>			<b>Dairy</b>		
Raw, cooked/ canned vegetables, leafy salad greens, or 100% vegetable juice			Dairy milk or yogurt, lactose-free dairy milk or yogurt, fortified soy milk or yogurt or hard cheese		
					
Item	Estimated Price	Actual Price	Item	Estimated Price	Actual Price
<b>Total:</b>	0	0	<b>Total:</b>	0	0

## Grains

Whole grain bread, whole grain cereal or brown rice, or whole wheat pasta



Item	Estimated Price	Actual Price
Total:	0	0