

# 15 GROCERY ITEMS TO BUY AT THE BEGINNING OF EVERY MONTH



1. Frozen Boneless Skinless Chicken Breast
2. Peanut Butter
3. Dried Black Beans
4. Rice
5. A Jar of Salsa
6. Frozen Vegetables
7. A Loaf of Bread
8. Dozen Large Eggs
9. A Large Jar of Unsweetened Applesauce
10. Shredded Cheese
11. A Bag of Apples
12. Nuts
13. A Jar of Pasta Sauce
14. Quick Oats
15. A Box of Pasta

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