**Grocery List**

On hand: salt, pepper, salad dressing (Italian), flour, sugar, Worcestershire sauce

**Meat:**1 Pack of Pork chops $4.99, 1 package of Market Pantry Frozen Chicken $7.99, 1 pack of Jennie-o Ground Turkey $4.99, Market Pantry 80/20 Ground Beef $2.99, 1 pack of fresh chicken $4.99: $25.95 (If you are lucky, Target often has a sale of $5 off $20 meat purchase. Be on the lookout! You will need a coupon from the flyer. They offer this sale about once every two months)

**Produce:** 1 white onion $1, 1 red onion Total: $2

**Pantry :** (MP = Market Pantry brand) Market Pantry Cream of Mushroom Soup 10 oz $.99, MP white rice package 14 oz. $1.69, MP Chicken broth 14.5 oz. $.79, MP refried beans 16 oz $1.17, MP Wraps (8 10 Inch) $2.14, Pizza Sauce $1.50, MP Taco Seasoning $.69, MP Chunky Salsa 24 oz. $2.27, Simply Balanced Tortilla Chips $2.99, Bread $2, Campbell's Tomato Bisque 11 oz. $1.59, Yeast pack of three $1, Manwich Sloppy Joe Sauce $1, Market Pantry Pancake MIx 32 oz. $1.99, Optional MP pizza crust $1.49 Total: $21.81

**Dairy:** Sour Cream $2.59, MP Shredded Cheddar Cheese 2.49, 32 oz. MP Mozzarella Cheese $4.99, MP sliced mozzarella cheese $2.49, Eggs $1.99 Total: $14.55

**Frozen:**1 Simply Balanced Frozen broccoli $1.66, 1 Frozen Simply Balanced mixed veggies $1.66, Gorton's Fish Sticks $2.99, package of MP frozen ravioli 2.99  Total: $9.30

**Grand Total:** $73.61

But wait...I have a Target REDcard and I receive 5% off all of my purchases at the register. This brings my total down to $69.93

Don’t forget to check the Target website for more coupons and savings! Enjoy your meals! – Sarah www.iheartfrugal.com