

## Sami's Super Saver Shopping List

### legumes: all data is a 1/2 cup serving

	<u>Calories</u>	<u>Protien</u>	<u>fiber</u>		
<b>Pinto Beans</b>	340	20 grams	15g	vitamin C, iron, Calcium, Magnesium	20 lb. bag Walmart <b>\$14.95</b>
<b>Lentils</b>	110	9g	8g	Iron, B6, magnesium	
<b>Chickpeas</b>	360	19g	17g	Potassium, Iron, B6	

### Potatoes: data for one potato

<b>Russet</b>	290	7.9g	4.8g	significant source of many vitamins and minerals	5 lbs. Walmart \$3.27
<b>Yukon Gold</b>	74	2.9g	1.4g	significant source of many vitamins and minerals	5 lbs. Walmart \$4.14
<b>Sweet</b>	114	3g	4g	significant source of many vitamins and minerals	Market Fresh Brand Walmart 1 pound \$3.28

### Pasta/rice/other grains

	<u>Calories</u>	<u>Protien</u>	<u>fiber</u>		
<b>Quinoa</b>	111	4g	3g	Folate, vitamin B6, Iron, Zing, Potassium	4.5 lb. bag Costco \$10.95
<b>Farro</b>	150	6g	3g	a wheat variety that is an alternative to rice dishes with legumes	Bob's Red Mill brand: Target \$13.25
<b>Jasmine Rice</b>	150	3g	2g		25 lbs. \$21.99 Costco
<b>Pasta</b> 2oz serving	200	7g	3g	Wheat pasta	6.5 lbs. \$12.99 Costco

### Nuts

	<u>Calories</u>	<u>Protien</u>	<u>fiber</u>		
<b>Walnuts</b> (1 oz serv.)	170	7g	2g	high in magnesium, phosphorus, potassium	3 lbs. \$8.99 Costco
<b>Almonds</b> (raw, unsalted)	165	6g	3g	a source of both monounsaturated and polyunsaturated fat	3 lbs. \$11.99 Costco
<b>Pecans</b>	195	6g	3g	{nyfrnsx%fsi%rnsjwfqx%nshqzinsl% {nyfrns%F1%{nyfrns%J1%hfqhnr1% utyfxxnznr%fsi%;nsh	2 lbs. \$12.99 Costco
<b>Peanuts</b>	161	7	2.4g	high in magnesium, phosphorus, potassium	2 lbs. \$8.99 Costco
<b>Oats</b> per 1/2 cup	153	5.3g	4.1g	high in Iron, potassium,	10 lbs. \$9.99 Costco