

Sami's Super Saver Shopping List

legumes: all data is a 1/2 cup serving					
	<u>Calories</u>	<u>Protien</u>	<u>fiber</u>		
Pinto Beans	340	20 grams	15g	vitamin C, iron, Calcium, Magnesium	20 lb. bag Walmart \$14.95
Lentils	110	9g	8g	Iron, B6, magnesium	
Chickpeas	360	19g	17g	Potassium, Iron, B6	
Potatoes: data for one potato					
Russet	290	7.9g	4.8g	significant source of many vitamins and minerals	5 lbs. Walmart \$3.27
Yukon Gold	74	2.9g	1.4g	significant source of many vitamins and minerals	5 lbs. Walmart \$4.14
Sweet	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>		
Quinoa	111	4g	3g	Folate, vitamin B6, Iron, Zing, Potassium	4.5 lb. bag Costco \$10.95
Farro	150	6g	3g	a wheat variety that is an alternative to rice dishes with legumes	Bob's Red Mill brand: Target \$13.25
Jasmine Rice	150	3g	2g		25 lbs. \$21.99 Costco
Pasta 2oz serving	200	7g	3g	Wheat pasta	6.5 lbs. \$12.99 Costco
Nuts					
	<u>Calories</u>	<u>Protien</u>	<u>fiber</u>		
Walnuts (1 oz serv.)	170	7g	2g	high in magnesium, phosphorus, potassium	3 lbs. \$8.99 Costco
Almonds (raw, unsalted)	165	6g	3g	a source of both monounsaturated and polyunsaturated fat	3 lbs. \$11.99 Costco
Pecans	195	6g	3g	{nyfrnsx%fsi%rnsjwfqx%nhqzinsl%{nyfrns%F1%{nyfrns%J1%hfqhnzr1%utyfxxnzs%fsi%;nsh	2 lbs. \$12.99 Costco
Peanuts	161	7	2.4g	high in magnesium, phosphorus, potassium	2 lbs. \$8.99 Costco
Oats per 1/2 cup	153	5.3g	4.1g	high in Iron, potassium,	10 lbs. \$9.99 Costco