

SHOPPING LIST - Simple Recipe Examples

Here's a **family-sized (4–6 people)** grocery list tailored to your simple recipes (beef, chicken, eggs) along with ballpark prices based on Walmart listings. Use this for your class handout or as a guide when you shop. (~ = approximate)

Grocery List for 4–6 people (for several meals)

Item	Quantity	Purpose / Notes	Approx Price*
Chicken thighs or chicken parts (bone-in)	~ 4–5 lb	For baked chicken, one-pot, etc.	\$1.99-\$2.99 per lb (~\$8–\$12)
Ground beef (80/20)	~ 3 lb	For taco meat, beef dishes	\$5.86 / lb for → total ~\$17–\$20
Eggs (1–2 dozen)	1–2 cartons (12 ct each)	For scrambles, hard boiled, etc.	Great Value Large White Eggs (12 ct) is \$11.12 online (this seems high—often cheaper in store)
Onion (yellow or white)	2 medium	For flavor base	~\$0.70 each
Garlic powder	1 jar	For seasoning mixes	~\$1.18
Chili powder	1 jar	For taco / beef spice mix	~\$1.22
Cumin	1 small jar	To include in homemade seasonings	~\$1.50–\$2.50 (estimate)
Paprika	1 jar	For flavor in several dishes	~\$2
Salt & black pepper	-	Basic seasoning (likely already on hand)	—
Olive oil or avocado oil, (or real butter)	1 bottle	For sautéing, baking	~\$4–\$8 depending on size / quality
Vegetable side items (choose 2–3)	—	e.g. broccoli, sweet potatoes, spinach, carrots	~\$2–\$4 each depending on item
Rice (white or brown)	2–3 lb bag	For one-pot chicken + sides	~\$2–\$3
Frozen peas or carrots	1 bag	Simple veggie addition for one-pot meals	~\$1.50–\$2

*Prices are estimates from Walmart's online listings / general Kansas regional price ranges. Local Fort Scott store may vary (lower or higher) by 10–30%.