

Grocery List January 22, 2012 Price Chopper

Produce	Dairy	Meat	Canned Foods	Frozen
Hass Avacados \$1 Each	Yoplait Go-GURT or Kids Cup Yogurt \$2.50 Use \$.75/2 \$1.75 Each Use \$.85/2 www.pillsbury.com \$1.65 Each	Ball Park Hot Dogs \$2.50	Prego Pasta Sauce \$1.68 Use \$.75/2 \$.93 Ea	Jimmy Dean Breakfast Bowls \$2.50 Use \$.75/1 http://bricks.coupons.com/Start.asp?tqnm=ykwfddf51507145&bt=vi&o=94689&pt=&lang=&ws=&ct=&ci=1&cl=&cp=&eb=1&c=JD&p=8a043247-9bd8-4b61-be05-1d4addbb647d&z=&r=&pc=&tc=
\$1 Each! Sweet Onions 1lb Jumbo Navel Oranges Ea. Del Monte Fruit Naturals Fresh Mangos Ea.	PC Butter \$1.88	Boneless Pork Chops BOGO FREE	Progresso Traditional Soups \$1.50 Use \$1/4 www.coupons.com \$1.25 Each	Jones All Natural Golden Brown Sausage Links Half Price Use \$1/1 www.smartsource.com
PC Carrotts \$1.50		Whole Roasting Chicken \$1.59 Lb	Chef Boyardee Ravioli \$1 Use \$.50/4 \$.75 Each	New York Garlic Bread \$1.99 Use \$.50/1 Use \$1/1 \$.99
Russet Potatoes 3lb bag \$2		Chicken Breasts \$2.49 Lb	Ken's Salad Dressing \$1.64 Use \$1/2 \$1.16 Each Ken's Marinades \$2.49 Use \$1/1 \$1.49 Each	Eggo Waffles \$2

<p>Dole or Price Chopper Salad Bags \$3.99 BOGO FREE \$1.98 Each</p>				<p>El Monterey Chimichangas or Burritos \$3 Use \$.75/1 \$1.50 Each</p>
<p>Sweets & Snacks</p>	<p>Baking</p>	<p>Bread/Cereal</p>	<p>Dry Food</p>	<p>Condiments</p>
<p>Nabisco Chips Ahoy & Nabisco Snak Saks \$2.50 Use \$1/2 Nabisco Snacks www.coupons.com \$2Each</p>		<p>Special K Cereal 3/\$9 In Ad Coupon Use \$1/3 \$2.66 Each PLUS FREE PC Cranberry Juice</p>	<p>Near East Rice Pilaf \$1</p>	<p>Kikkoman Sauces or Marinades 25% off Use \$1/1 www.kikkomanusa.com</p>
<p>Quaker Chewy Granola Bars \$2 Use \$.75/2 \$1.25 Each Use \$1/2 \$1.50 Each</p>		<p>Special K Krave Cereal & Frosted Mini Wheats \$3 Special K Crackers Chips & Bars \$2.50 Use \$1/2 Crackers \$2 Ea Use \$1/3 Bars \$2.16 Ea Cheez-It \$3 Buy 2 deposit \$1 into savingstar act. Keeber Fudge Shoppe Cookies \$2.50 Buy 2 deposit \$1 into savingstar act. Eggo Waffles \$2 Buy 3 deposit \$1 into Savingstar act. Buy 3 get \$5 off with In Ad Coupon</p>	<p>PC Pasta \$1</p>	<p>Wishbone Salad Dressing \$2 Use \$.75/2 \$1.25 Ea.</p>

<p>Keebler Right Bites \$2.50 Use \$1/2 \$2 Each</p>				
<p>Lays Kettle Cooked Chips \$3</p>				<p>Chef Boyardee \$1 Use \$.50/4 \$.75 Ea</p>
<p>Beverages</p>	<p>Health /Beauty</p>	<p>Paper Products</p>	<p>Cleaning</p>	<p>Miscellaneous</p>
<p>PC Soda/Seltzer 12 Pks 5/\$11 In-Ad Coupon</p>	<p>Arm & Hammer Toothpaste BOG2 FREE Use \$1/2 www.armandhammer.com</p>	<p>Brawney Paper Towles \$6.50 Use \$2/2 I Save machine Use 2 \$1/1 \$4 Each</p>	<p>Wisk \$4.99 Use \$1/1 \$3.99</p>	<p>ZonePerfect Bars \$1 Use \$.55/1 FREE</p>
<p>Pepsi 2 Liter \$1.50 Ea.</p>	<p>Suave Deodorant \$1 Use \$.50/1 OR \$.75/1 FREE Use \$1/2 \$.50 Each</p>	<p>Marcel Small Stuff Napkins \$1.65</p>	<p>Air Wic Spray \$1</p>	
<p>V-8 Fusion \$2.50 \$1/1 \$1.50</p>				
<p>Tropicana \$2.50 Use \$1/1 Trop50 FB Page \$1.50 Ea \$.50 is used as double PLUS \$.50 deposited in Saving Star Account</p>				

\$30/week Meal Plan

Pork Chops BOGO FREE (2 packages) - \$4 per package

1 Whole Chicken 5Lb - \$7.95

1 Chicken Breasts 2 Lb - \$4.98

3 Canned Veggies - \$2.10

1 Russet Potato 3 lb Bag - \$2

1 Ragu Pasta - \$.93

1 PC Pasta \$1

1 box Rice Pilaf - \$1

1 New York Garlic Bread - \$1

Price Chopper 1 Topping Pizza - \$8

Put the sides together and make 5 meals! (use the coupons listed above)

www.couponnetwork.com

\$.65/1 Knorr Homestyle Broth

\$1.85/3 Coffee Mate Creamer

Walgreens

Children's Sudafed and Tylenol

2/\$10. Buy two get \$5 back in Register Rewards.

www.sudafed.com \$2 off. Print out 2.

Buy two, spend \$6 and get \$5 back in Register Rewards!

\$.50 each

For Tylenol use two \$2/1 coupons from the 1/15 Paper.

Mix and match if you would like too!

\$1 out of pocket PLUS \$5 for below or next purchase

Huggies Jumbo Pack \$9.49

Huggies Mega Pack Wipes - \$5.99

Mix and Match: Spend \$25 get \$5 in Register Rewards

Buy 2 Diaper Packs = \$18.98

Buy 2 Wipes = \$11.98

Use (2) \$2/1 Huggies Diapers

Use (2) \$.50/1 Wipes

Use \$5 Register Rewards from above cold medicine

Total out of pocket: \$20.95

That \$5.24 Per item!!

PLUS \$5 in Register Rewards for next purchase