

Meal Kit List

Week 1: Black Bean Quesadillas

Fruit:

- no fruits this week

Vegetables:

- bell pepper
\$2.49 each
- 1 white onion
\$1.47 each

Protein:

- 1 can refried black beans
\$1.99 per 15 ounce can

Dairy:

- 1 bag shredded Mexican
cheese
\$2.39 per 8 ounce bag

Grains:

- 6 Wegmans 8-inch fajita
tortillas
\$1.49 per bag of 8

Herbs & Spices:

- salt and pepper to taste
- olive oil


Healthy Options

at Home

COOKING FOR SUCCESS

Grocery cost: \$9.83

Recipe cost: \$8.27

Cost per meal: \$1.38

*prices found at your local Wegmans store