

Sheet1

Using Strategies from  
With or Without  
Coupons

|                             | Shopping "As Usual" |              |
|-----------------------------|---------------------|--------------|
| <b>Supper # 1</b>           |                     |              |
| ground turkey               | 13.50               |              |
| cabbage                     | 3.20                |              |
| pork steak                  |                     | 2.55         |
| green beans                 | 5.00                | 2.55         |
|                             | <u>21.70</u>        | <u>5.10</u>  |
| <b>Breakfast #1 &amp; 2</b> |                     |              |
| eggs                        | 1.88                | 1.88         |
| sweet potatoes              | 1.80                | 1.80         |
| white potatoes              | 1.45                | 1.45         |
|                             | <u>5.13</u>         | <u>5.13</u>  |
| <b>Lunch #1 &amp; #2</b>    |                     |              |
| tuna                        | 6.76                | 6.76         |
| lettuce                     | 4.98                | 3.21         |
| bell pepper                 | 1.58                | 1.58         |
| salad dressing              | 3.50                | 3.34         |
| fruit for kids              | 7.50                | 2.41         |
|                             | <u>24.32</u>        | <u>17.30</u> |
| <b>Supper #2</b>            |                     |              |
| ground turkey               | 9.00                |              |
| pork steak (bone-in)        |                     | 2.76         |
| red onion                   |                     | 1.33         |
| chipotle                    |                     | 0.99         |
| salsa verde                 | 3.90                | 3.49         |
| taco seasoning              | 0.75                | 0.75         |
| taco shells                 | 1.25                | 1.25         |
| pineapple                   |                     | 0.66         |
| olives                      | 2.29                |              |
| refried beans               | 2.50                | 1.50         |
|                             | <u>19.69</u>        | <u>12.73</u> |
| Total – pre-tax             | 70.84               | 40.26        |
|                             | 3.70                | 2.10         |
| Total – after tax           | <u>74.54</u>        | <u>42.36</u> |

**Savings**

**32.18**  
**43.17%**