

5 Dinners, 5 Ingredients, for Under \$5 Each!

Grocery List

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|---|---|
| ☐ 1 can sockeye salmon | ☐ rice |
| ☐ 1 can chickpeas | ☐ brown sugar |
| ☐ curry powder | ☐ chili powder |
| ☐ 1 can mushrooms | ☐ 1 - 28 oz can diced tomatoes |
| ☐ 2 - 19 oz cans mixed beans | ☐ olive oil |
| ☐ 2 bulbs of garlic | ☐ angel hair pasta |
| ☐ fresh parsley | ☐ parmesan cheese |
| ☐ 16 - 20 tortilla shells | ☐ cucumber |
| ☐ mayonnaise | ☐ 2 cans tuna |
| ☐ salt | ☐ pepper |

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