

# Spending Freeze Checklist

## FOR BREAKFAST

- Old Fashioned Oats- 2X
- Eggs and Avocado- 2X
- Barley and Lentils Porridge
- Sourdough Bread-2X, Eggs

## FOR LUNCH

- Rice and Lentil Curry- 2X
- Pasta, Salad
- Salmon and Rice-2X
- Gluten free Paratha, Chutney

## FOR DINNER

- Black Beans- 2X
- Asparagus, Carrots, Eggs
- Semonila Pasta with Sauce
- Curry- 3X (Chicken, Mix Veg, Egg Curry)

## FOR SNACKS

- Puffed Rice
- Roasted Nuts
- Avocado- guacamole, Chips
- Dried Raisins, Dates

## MISCELLANEOUS

- |   |  |
|---|--|
| <input type="checkbox"/> White Vinegar for Cleaning | <input type="checkbox"/> Fluten Free Flour |
| <input type="checkbox"/> Dr. Bronner's Soap         | <input type="checkbox"/> Tomatoes          |
| <input type="checkbox"/> Stamps                     | <input type="checkbox"/> Frozen Berries    |
| <input type="checkbox"/> Utilities-Electric, HoA    | <input type="checkbox"/>                   |