

PROTEIN		
eggs (dozen)	\$1.79	<a href="https://www.walmart.com/ip/Great-Value-Large-White-Eggs-12-Count/145051970">https://www.walmart.com/ip/Great-Value-Large-White-Eggs-12-Count/145051970</a>
cheese (deli-style)	\$1.84	<a href="https://www.walmart.com/ip/Great-Value-Deli-Style-Sliced-Sharp-Cheddar-Cheese-12-count-8-oz/15077514">https://www.walmart.com/ip/Great-Value-Deli-Style-Sliced-Sharp-Cheddar-Cheese-12-count-8-oz/15077514</a>
cottage cheese	\$1.98	<a href="https://www.walmart.com/ip/Great-Value-1-Lowfat-Small-Curd-Cottage-Cheese-24-oz/10315024?athbdg=L1200">https://www.walmart.com/ip/Great-Value-1-Lowfat-Small-Curd-Cottage-Cheese-24-oz/10315024?athbdg=L1200</a>
tuna (4-pack)	\$2.98	<a href="https://www.walmart.com/ip/4-Cans-Great-Value-Chunk-Light-Tuna-in-Water-5-oz/33867594?athbdg=L1200">https://www.walmart.com/ip/4-Cans-Great-Value-Chunk-Light-Tuna-in-Water-5-oz/33867594?athbdg=L1200</a>
greek yogurt (vanilla)	\$3.47	<a href="https://www.walmart.com/ip/Great-Value-Light-Greek-Vanilla-Nonfat-Yogurt-32-oz/41972648">https://www.walmart.com/ip/Great-Value-Light-Greek-Vanilla-Nonfat-Yogurt-32-oz/41972648</a>
ground turkey (1lb)	\$3.87	<a href="https://www.walmart.com/ip/Butterball-Fresh-Ground-Turkey-Roll-93-Lean-1-lb/748763533">https://www.walmart.com/ip/Butterball-Fresh-Ground-Turkey-Roll-93-Lean-1-lb/748763533</a>
egg whites	\$4.42	<a href="https://www.walmart.com/ip/Great-Value-Cage-Free-100-Liquid-Egg-Whites-32-oz/354308916">https://www.walmart.com/ip/Great-Value-Cage-Free-100-Liquid-Egg-Whites-32-oz/354308916</a>
lean ground beef (1lb)	\$5.62	<a href="https://www.walmart.com/ip/All-Natural-93-Lean-7-Fat-Lean-Ground-Beef-Roll-1-lb/15136792">https://www.walmart.com/ip/All-Natural-93-Lean-7-Fat-Lean-Ground-Beef-Roll-1-lb/15136792</a>
frozen chicken breast (3lb)	\$8.68	<a href="https://www.walmart.com/ip/Great-Value-Boneless-Skinless-Chicken-Breast-3-lb-Frozen/10414680?athbdg=L1200">https://www.walmart.com/ip/Great-Value-Boneless-Skinless-Chicken-Breast-3-lb-Frozen/10414680?athbdg=L1200</a>
salmon (8 servings)	\$10.52	<a href="https://www.walmart.com/ip/Great-Value-Frozen-Wild-Caught-Pink-Salmon-Skin-On-Fillets-2-lb/21656993">https://www.walmart.com/ip/Great-Value-Frozen-Wild-Caught-Pink-Salmon-Skin-On-Fillets-2-lb/21656993</a>
CARBOHYDRATES		
bananas	\$0.20	<a href="https://www.walmart.com/ip/Bananas-each/44390948?athbdg=L1200">https://www.walmart.com/ip/Bananas-each/44390948?athbdg=L1200</a>
canned corn	\$0.54	<a href="https://www.walmart.com/ip/Great-Value-Sweet-Whole-Kernel-Corn-14-5-oz/589659824">https://www.walmart.com/ip/Great-Value-Sweet-Whole-Kernel-Corn-14-5-oz/589659824</a>
canned beans	\$0.72	<a href="https://www.walmart.com/search?q=canned+beans">https://www.walmart.com/search?q=canned+beans</a>
zucchini	\$0.81	<a href="https://www.walmart.com/ip/Fresh-Zucchini-Squash-Each/44390947?athbdg=L1200">https://www.walmart.com/ip/Fresh-Zucchini-Squash-Each/44390947?athbdg=L1200</a>
kale (bunch)	\$0.98	<a href="https://www.walmart.com/ip/Fresh-Kale-Greens-bunch/40347953?athbdg=L1200">https://www.walmart.com/ip/Fresh-Kale-Greens-bunch/40347953?athbdg=L1200</a>
broccoli (frozen)	\$1.12	<a href="https://www.walmart.com/ip/Great-Value-Steamable-Broccoli-Florets-Frozen-12-oz/735585383?athbdg=L1200">https://www.walmart.com/ip/Great-Value-Steamable-Broccoli-Florets-Frozen-12-oz/735585383?athbdg=L1200</a>
pasta (any kind)	\$1.58	<a href="https://www.walmart.com/search?q=poasta">https://www.walmart.com/search?q=poasta</a>
acorn squash	\$1.77	<a href="https://www.walmart.com/ip/Fresh-Acorn-Squash-Each/44391565?athbdg=L1200">https://www.walmart.com/ip/Fresh-Acorn-Squash-Each/44391565?athbdg=L1200</a>
bread (multi-grain)	\$2.12	<a href="https://www.walmart.com/ip/Great-Value-Multi-Grain-Bread-Loaf-24-oz-17-Count/46491799">https://www.walmart.com/ip/Great-Value-Multi-Grain-Bread-Loaf-24-oz-17-Count/46491799</a>
sweet potatoes (3lb)	\$2.44	<a href="https://www.walmart.com/ip/Sweet-Potatoes-3-lb-Bag/132720824">https://www.walmart.com/ip/Sweet-Potatoes-3-lb-Bag/132720824</a>
oats	\$2.58	<a href="https://www.walmart.com/ip/Great-Value-100-Whole-Grain-Quick-Oats-42-oz/10314926">https://www.walmart.com/ip/Great-Value-100-Whole-Grain-Quick-Oats-42-oz/10314926</a>
white rice	\$2.58	<a href="https://www.walmart.com/ip/Great-Value-Long-Grain-Enriched-Rice-80-oz/10315395">https://www.walmart.com/ip/Great-Value-Long-Grain-Enriched-Rice-80-oz/10315395</a>
potatoes (5lb)	\$2.98	<a href="https://www.walmart.com/ip/Russet-Potatoes-5-lb-Bag/10447837?athbdg=L1200">https://www.walmart.com/ip/Russet-Potatoes-5-lb-Bag/10447837?athbdg=L1200</a>
FATS		
avocado	\$1.24	<a href="https://www.walmart.com/ip/Hass-Avocados-each/44390949?athbdg=L1200">https://www.walmart.com/ip/Hass-Avocados-each/44390949?athbdg=L1200</a>
peanut butter	\$1.72	<a href="https://www.walmart.com/ip/Great-Value-Natural-No-Stir-Creamy-Peanut-Butter-16-ounces/36267321">https://www.walmart.com/ip/Great-Value-Natural-No-Stir-Creamy-Peanut-Butter-16-ounces/36267321</a>
walnuts	\$3.28	<a href="https://www.walmart.com/ip/Great-Value-Walnuts-Halves-Pieces-8-oz/881603053">https://www.walmart.com/ip/Great-Value-Walnuts-Halves-Pieces-8-oz/881603053</a>