

# FLOSN Shoppin'

## Intro

FLOSN foods, AKA fresh, local, organic, seasonal, and non-GMO food, is hard to find for cheap if you don't know much about these foods. In order to make my list of FLOSN foods for under \$50 for 5 days, I went to my normal grocery store, so that way if I wanted to adapt this list to my life, it would be super easy. In my grocery store, there is a health food section, which is known for its organic selections, but also for its steep prices. Initially I tried avoiding this area, because it felt a little pretentious over there, but when I couldn't tell what was FLOSN and what wasn't in the normal aisles, I decided to try out the health food section. Once you actually compare each product you will find there are economical options here, but you have to hunt for them. After doing this activity I will definitely make it a point to seek out these affordable options rather than just finding the cheapest thing in the entire store.

I am pretty seasoned on finding good deals for good food, so I decided to challenge myself with this activity. I made my whole menu vegan, which was actually pretty easy once I found the right section of the grocery store and knew what I was looking for. I am a vegetarian already, so I wanted to take it one step further. Thankfully, there is a lot of overlap in vegan and FLOSN foods, but finding affordable vegan foods can be hard for people who are stuck on finding vegan alternatives to their favorite foods, like vegan mayonnaise and fancy meatless burgers. These were both super expensive, and not really worth it! Rather, it is easier to find recipes that are easy to alter or are vegan to begin with and follow those. I went for the easy alteration route, but some searching on the Internet or in vegan cookbooks can help you find creative meals.

## Shopping List

My shopping list is very minimal, but it shows how vegan meals that follow FLOSN guidelines can actually be affordable if you have the time to put thought into it. There is plenty of wiggle room price-wise, as this list is only \$34.71 before tax! If you want more snacks or maybe even an additional meal option to throw in and stretch this list out for a whole week, there is financial room for it, or you could save that extra \$15 for a rainy day! Either way, this is definitely a fairly priced shopping list, especially for the colder seasons.

Shopping List		
#	Item	Price (\$)
1	Peaches (2)	0.80 (0.77/lb)

2	Blackberries	1.99
3	Soy Milk	1.99
4	Grapes	2.28 (.99/lb)
5	Beefless ground	3.99
6	Spaghetti sauce	4.59
7	Spaghetti	2.59
8	Soup mix	5.99
9	Vegetable broth (2)	2.49
10	Veggie straws (2 bags)	5.00
11	2 bunches of carrots	3.00
<b>Total</b>		<b>\$34.71</b>

#### Breakfast (items 1-4)

I love smoothies, so I have them all the time! I also like grapes, so I could have those for breakfast/a nice morning snack. Sometimes applesauce is good in smoothies, but I couldn't find any applesauce that adhered to FLOSN at this particular grocery store today, so if I was dying for applesauce I might have to go to a different store. I would just take  $\frac{1}{2}$  to  $\frac{3}{4}$  of a peach and a handful of blackberries with a splash of soy milk for a yummy smoothie! Both fruits are in season right now so they were very affordable, and the soy milk adds protein and a better texture.

#### Entree #1 - Spaghetti (items 5-7)

I was so lucky because I was able to find very affordable spaghetti noodles that are made from organic quinoa, so they were not only vegan, but high in protein! I also found some spaghetti sauce that is organic and from Iowa, which was much closer to Lawrence, KS than New York and China, where the other sauces here were from. I also love to use this beefless ground, which is just soy based and vegan ground beef alternative, so that it adds some protein to my pasta dishes.

#### Entree #2 - Soup (items 8&9)

I frequently make these soup mixes that are at my grocery store, where they have all the dehydrated ingredients, and you add the broth (and meat typically, but I won't be using that). It might be slightly more expensive this way, but it cuts down on some packaging (as almost everything is in one small plastic bag instead of many different things in many different containers) and

it is just so much easier. There are also many different options that are all super yummy!

### Snacks (items 10&11)

One of my favorite snacks are veggie straws. They are organic, and except for the ranch and queso flavors, they are vegan. I don't like eating most vegetables raw, except for my other snack, carrots, so these are a good alternative for me. I found them at 2/\$5 today, so I could buy one bag of the sea salt kind and one bag of the apple flavored ones if I wanted something sweet, but still healthy. Fresh, unpackaged bunches of carrots were my other snack option, and these could even be chopped up and added to either of the entrees too! This gives you so many carrots, for so much healthy snacking!

## Menus

There are two general menu options, depending on which you prefer. I like the second one a little more, because I personally don't mind eating the same thing a couple days in a row, especially with the added benefit of slightly fresher food. That being said, the first option is less work for the whole week and provides slightly more variety.

### Menu 1

Menu 1	
Breakfast	Smoothie/fruit
Lunch	Soup
Dinner	Spaghetti
Snack	Veggie/apple straws

The idea behind this menu is that you have one of the main entrees for lunch and you have the other for dinner. This menu lets you keep a little variety. This might also be a bit easier to manage because both entrees can be prepared on the first day, so if you are busy throughout the week and don't have a lot of time for meal prep, this could be a great option because you just have to take a portion of your meal and heat it up on the stove or in the microwave.

### Menu 2

Menu 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Smoothie/fruit	Smoothie/fruit	Smoothie/fruit	Smoothie/fruit	Smoothie/fruit
Lunch	Soup	Soup	Soup	Spaghetti	Spaghetti
Dinner	Soup	Soup	Soup	Spaghetti	Spaghetti
Snack	Veggie/apple straws				

Sunny Bitner  
[sunnybitner@gmail.com](mailto:sunnybitner@gmail.com)  
University of Kansas

## Menu 2

This menu is good for the person that would have a little more time and would maybe want to spare more space in the fridge. You still can make all the soup at once, but it would only be sitting in your fridge for 3 days rather than 5, and your spaghetti would only be in the fridge for 2 days. This could be mixed up too, so if you wanted spaghetti earlier and the soup later, that is an option as well.

67° 72% 9:37 PM

Instagram

sunn.bun  
Lawrence, Kansas

Ripe Peaches  
from California  
HyVee HOT deals  
.77 lb.

sunn.bun For #PGC2018 Day 8, I went (pretend) grocery shopping at my local @hyvee to find out if I could shop for FLOSN (fresh, local, organic, seasonal, non-gmo) foods, and I wanted to challenge myself a bit, so this whole list is #vegan! I had to keep it under \$50 for 5 days of food, and think I did a great job, as the total for this

67° 72% 9:37 PM

Instagram

Beefless ground	3.99
Spaghetti sauce	4.59
Spaghetti	2.59
Soup mix	5.99
Vegetable broth (2)	2.49
Veggie straws (2 bags)	5.00
2 bunches of carrots	3.00
Total	\$34.71

sunn.bun For #PGC2018 Day 8, I went (pretend) grocery shopping at my local @hyvee to find out if I could shop for FLOSN (fresh, local, organic, seasonal, non-gmo) foods, and I wanted to challenge myself a bit, so this whole list is #vegan! I had to keep it under \$50 for 5 days of food, and think I did a great job, as the total for this extremely simple list (pic 2) is \$34.71 (before tax). There's plenty of money left over on that \$50 limit for some more snacks or even another cheap meal option. This list can get you smoothies, spaghetti, soup, and some healthy snacks, like those yummy #peaches! Each meal is made with multiple servings so that each item is good for at least 3 meals, and I also found deals on seasonal produce. This is all vegan, all at least one part of FLOSN, all very simple, and all delicious! @turninggreenorg