THNX ROB · SHOPPING LIST

Garlic Butter Steak Bites & Mashed Potatoes

Everything for this recipe (serves 4), grouped by store.

Publix approx. $10.77

- [ ] Yukon Gold potatoes — 3 lb (from a 5-lb bag) · approx. $4.79
- [ ] Garlic — 1 head · approx. $0.80
- [ ] Flat-leaf parsley — 1 bunch (¼ cup chopped) · approx. $2.19
- [ ] Broccoli crowns — 1 lb, or a 12 oz steam-in bag · approx. $2.99 est.
- [ ] Lemon — 1 (for the broccoli) · optional, not in total

Harris Teeter approx. $1.14

- [ ] Whole milk — ¾ cup (from a half gallon) · approx. $0.31
- [ ] Salted butter — 6 tbsp · approx. $0.83

Costco approx. $24.75

- [ ] Top sirloin steak (Kirkland Signature) — 2 lb · approx. $24.38
- [ ] Avocado oil (Kirkland Signature) — 1 tbsp · approx. $0.37

Pantry approx. $0.10

- [ ] Kosher salt and black pepper (red pepper flakes optional) — to taste · approx. $0.10 est.

Total: approx. $36.76 for 4 servings, about $9.19 per serving (Nov 2026, estimate).

Prices are for the amount the recipe uses, based on typical Publix prices (Publix online listings, Oct 25, 2026); broccoli and salt/pepper are estimates, not from a store ad. Costco and Harris Teeter prices vary. Prices vary by store and week.

Allergens: Contains dairy (butter and whole milk).

General food ideas for healthy adults, not medical advice. If you have a medical condition, food allergy, or take medication affected by diet, check with your doctor first.