

Shopping List: 12/29/2005

Beans			Cumin	1	0.00
Black Beans- dried	1	1.50	Thyme	1	0.00
Canned Fruit			Flour	1	0.00
Pears	1	2.50	Cilantro	1	0.00
Canned Vegeta			Calrose rice	1	0.00
Pimiento - 7 oz	1	2.00	CROUTONS	1	0.00
Cheese			Herbs for rice	1	0.00
Cheddar, sharp - 4 cups	1	4.00	Bread Crumbs	1	0.00
Parmesan cheese - 8 oz	1	1.99	Paper-Plastic		
Mexican Blend - 2 cups	2	2.00	9x9 foil pans	1	1.50
Dairy/spreads			Produce		
Cream cheese, 3 oz.	1	1.00	Carrots-Baby	1	1.50
Cream Cheese 8 oz	1	2.00	Salad mix	2	1.99
Light Sour Cream - 8 oz	1	1.25	Green Beans 1 lb.	1	3.00
Light Sour Cream - 16 oz	1	1.99	onion (1)	2	0.40
Half & Half	1	2.00	Baking potatoes - 5 lb. bag	1	3.00
Ethnic Food			Green Bell Pepper	4	0.79
Enchilada Sauce (red)	1	1.50	Refrig. Items		
Panko breadcrumbs	1	3.00	Soy sauce/tamari	1	0.00
Whole Wheat tortillas	1	2.50	Butter	1	0.00
Frozen Edamame	1	2.50	Garlic cloves	1	0.00
Freezer Items			Eggs	2	0.00
Sauted Onion (from freezer)	5	0.00	Salad Dressing	1	0.00
cooked chicken - fr. freezer	2	0.00	Milk	1	0.00
Frozen Vegeta			Mayonnaise	1	0.00
Cut Corn 16 Oz	1	1.15	Soup		
Peas And Carrots 16 Oz	1	1.03	Chicken Broth	2	0.88
Spinach - 10 oz	2	1.50	Cr. Of Chicken	1	0.89
Fruit			Beef Broth	1	0.89
Red grapes	1	2.50	Total:		
Your choice	1	3.00	\$81.39		
Meat					
Ground Beef - 1 lb.	1	2.50			
Boneless chicken breasts - 6	1	6.00			
Mini-shrimp (cooked)	1	3.00			
Chicken tenders (raw)	1	5.00			
Pantry Items					
Rice, your preference	1	0.00			
Salt	1	0.00			
Adobo	1	0.00			
Pepper	1	0.00			
nutmeg	1	0.00			
Olive Oil	1	0.00			
paprika	1	0.00			
Oregano	1	0.00			