

Shopping List: 1/26/2006

Canned Vegeta			Veggies for salad (carrots, cu	1	2.00
Canned Corn	3	0.50			
Cheese			Refrig. Items		
Shredded Cheddar Cheese - 2 cu	1	2.50	Eggs	5	0.00
Blue Cheese - 8 oz.	1	4.00	Cottage Cheese (1 cup)	1	0.00
			Buttermilk	1	0.00
Dairy/spreads			Garlic cloves	1	0.00
Light sour cream - 8 oz.	1	0.99	salsa	1	0.00
Butter - 1 lb.	1	2.50	Salad Dressing	1	0.00
Cream cheese, 3 oz.	1	1.00	Milk	1	0.00
			Total:		\$59.77
Freezer Items					
Black beans (from freezer)	1	0.00			
Frozen Breakfa					
Sausage patties	1	2.50			
Frozen Vegeta					
Broccoli florets - 12 oz.	1	1.50			
Fruit					
Bag of Granny Smith apples	1	3.00			
Your choice	1	3.00			
Meat					
Eye of Round Roast - 3-4 lbs.	1	8.00			
bacon	1	2.50			
Pork Chops - 6 thick-cut	1	10.00			
Pantry Items					
Vanilla Extract	1	0.00			
Flour	1	0.00			
Sugar	1	0.00			
Pepper	1	0.00			
sunflower seeds	1	0.00			
Olive Oil	1	0.00			
Bread	1	0.00			
Salt	1	0.00			
Self-rising Flour	1	0.00			
Baking Powder	1	0.00			
Cinnamon	1	0.00			
Croutons	1	0.00			
Adobo	1	0.00			
Chives	1	0.00			
Pasta / Rice					
Brown Rice	1	2.00			
Produce					
Baking potatoes - 5 lb. bag	1	3.00			
Bag of Yellow Onions	1	2.00			
Asparagus 1lb	1	2.99			
Lettuce, variety pack	1	4.00			
Green Bell Pepper	1	0.79			