

**Shopping List: 3/9/2006**

|                      |                                |        |                                |   |      |
|----------------------|--------------------------------|--------|--------------------------------|---|------|
| <b>Bread</b>         |                                |        | sunflower seeds                | 1 | 0.00 |
|                      | Ciabatta bread                 | 1 2.50 | Croutons                       | 1 | 0.00 |
| <b>Canned Fruit</b>  |                                |        | Cumin                          | 1 | 0.00 |
|                      | 1 cup raisins                  | 1 1.50 | <b>Pasta / Rice</b>            |   |      |
| <b>Canned Vegeta</b> |                                |        | Egg Noodles                    | 1 | 1.50 |
|                      | Canned Corn                    | 2 0.50 | <b>Produce</b>                 |   |      |
|                      | Pork and beans - 28 oz         | 2 2.00 | Salad mix                      | 1 | 1.99 |
|                      | Pimiento - 4 oz                | 1 2.00 | Baking Potatoes (indiv.)       | 4 | 0.80 |
| <b>Cheese</b>        |                                |        | Broccoli Florets, bag          | 1 | 2.00 |
|                      | Mexican Blend - 2 cups         | 1 2.00 | Carrots                        | 1 | 1.60 |
|                      | Parmesan cheese - 8 oz (bag)   | 1 1.99 | Celery                         | 1 | 0.89 |
|                      | Finely shredded cheddar - 2 cu | 2 2.00 | Green Bell Pepper              | 1 | 0.79 |
| <b>Dairy/spreads</b> |                                |        | Onions - bag                   | 1 | 2.00 |
|                      | Light Sour Cream - 16 oz       | 1 1.99 | Cabbage                        | 1 | 2.00 |
|                      | Light sour cream - 8 oz.       | 1 0.99 | Mushrooms, sliced (1 or 2 pkg) | 1 | 1.99 |
| <b>Ethnic Food</b>   |                                |        | <b>Refrig. Items</b>           |   |      |
|                      | Frozen Edamame                 | 1 2.50 | Eggs                           | 3 | 0.00 |
|                      | WW flour tortillas             | 1 2.00 | Butter                         | 1 | 0.00 |
| <b>Freezer Items</b> |                                |        | Garlic cloves                  | 5 | 0.00 |
|                      | Browned beef (from Freezer)    | 1 0.00 | Salad Dressing                 | 1 | 0.00 |
|                      | cooked chicken - fr. freezer   | 1 0.00 | Mayonnaise                     | 1 | 0.00 |
|                      | Gr. beef from freezer          | 2 0.00 | <b>Soup</b>                    |   |      |
|                      | Sauted Onion (from freezer)    | 2 0.00 | Beef Broth                     | 1 | 0.89 |
| <b>Frozen Vegeta</b> |                                |        | Chicken Broth                  | 2 | 0.88 |
|                      | Winter blend (broccoli, caulif | 1 1.50 | Cr. Of Mushroom                | 1 | 0.89 |
| <b>Fruit</b>         |                                |        | Cr. Of Chicken                 | 1 | 0.89 |
|                      | Your choice                    | 1 3.00 | <b>Total:</b>                  |   |      |
| <b>Meat</b>          |                                |        | <b>\$66.36</b>                 |   |      |
|                      | Hot dogs                       | 1 2.50 |                                |   |      |
|                      | Chicken parts - 1 lbs.         | 3 3.50 |                                |   |      |
| <b>Pantry Items</b>  |                                |        |                                |   |      |
|                      | Pepper                         | 1 0.00 |                                |   |      |
|                      | Salt                           | 1 0.00 |                                |   |      |
|                      | Sugar                          | 1 0.00 |                                |   |      |
|                      | Garlic salt                    | 1 0.00 |                                |   |      |
|                      | mustard                        | 1 0.00 |                                |   |      |
|                      | Oregano                        | 1 0.00 |                                |   |      |
|                      | ketchup                        | 1 0.00 |                                |   |      |
|                      | Adobo                          | 1 0.00 |                                |   |      |
|                      | Cilantro                       | 1 0.00 |                                |   |      |
|                      | Vegetable Oil (pref. light oli | 1 0.00 |                                |   |      |
|                      | Bread Crumbs                   | 1 0.00 |                                |   |      |
|                      | Baking Soda                    | 1 0.00 |                                |   |      |
|                      | Baking Powder                  | 1 0.00 |                                |   |      |
|                      | Flour                          | 1 0.00 |                                |   |      |