

Shopping List: 3/16/2006

Beans			Cornstarch	1	0.00
bag of pinto beans - dry	1	1.50	Sugar	1	0.00
Kidney beans - can	1	1.25	Croutons	1	0.00
Bread			sunflower seeds	1	0.00
Sourdough bread	1	2.99	Chili spice blend (homemade)	1	0.00
Canned Fruit			Corn Meal	1	0.00
Pineapple chunks	1	2.00	Pasta / Rice		
Canned Vegeta			Med. pasta shells (ww) - 16 oz	1	1.50
Canned Green Beans 32 oz.	1	2.00	whole wh. elbow macaroni - 8 o	2	1.50
Crushed Tomatoes 28 oz.	1	0.99	Produce		
Cheese			Veggies for dip	1	3.00
Cheddar, sharp - 4 cups	1	4.00	Salad mix	2	1.99
Condiments			Red Bell Pepper	1	2.50
ranch dressing mix	1	1.00	Green Bell Pepper	1	0.79
Dairy/spreads			Carrots-Baby	1	1.50
Dip for veggies	1	2.00	Green Onions	1	2.00
Light Sour Cream - 16 oz	1	1.99	onion (1)	1	0.40
Fish			Celery	1	0.89
salmon - 6 fillets	1	10.00	Basil	1	1.75
Freezer Items			Refrig. Items		
Sauted Onion (from freezer)	4	0.00	Bacon or bacon bits	1	0.00
cooked chicken - fr. freezer	1	0.00	Butter	1	0.00
Browned beef (from Freezer)	1	0.00	Eggs	1	0.00
Frozen Vegeta			Salad Dressing	1	0.00
Brussels Sprouts 16 Oz	1	1.55	Mayonnaise	1	0.00
Broccoli Cuts 16 Oz	1	1.32	Milk	1	0.00
Baby/petite peas	1	2.00	Lemon Juice	1	0.00
Meat			Garlic cloves	2	0.00
Ham butt or shoulder, smoked-5	1	10.00	Soup		
Pantry Items			Cr. Of Mushroom	1	0.89
Flour	1	0.00	Chicken Broth	1	0.88
Non-stick cooking spray	1	0.00	Total:		
Pepper	1	0.00	\$67.67		
Olive Oil	1	0.00			
Liquid smoke	1	0.00			
Herbs for rice	1	0.00			
Salt	1	0.00			
Dry Mustard	1	0.00			
Adobo	2	0.00			
Worcestershire Sauce	1	0.00			
Bread Crumbs	1	0.00			
Baking Powder	1	0.00			
Brown rice	1	0.00			
Brown Sugar	1	0.00			