

Shopping List: 4/27/2006

| | | | | | |
|---------------------------------|---|-------|--------------------------------|---|----------------|
| Beans | | | Flour | 1 | 0.00 |
| Black Beans- dried | 1 | 1.50 | Cinnamon | 1 | 0.00 |
| Bread | | | Baking Powder | 1 | 0.00 |
| Bread of your choice | 1 | 2.00 | Brown Sugar | 1 | 0.00 |
| Hoagie rolls | 1 | 2.50 | Pasta / Rice | | |
| Cheese | | | Linguine | 1 | 1.50 |
| Parmesan cheese - 8 oz (bag) | 1 | 1.99 | Produce | | |
| Shredded Cheddar - 4 cups | 2 | 4.00 | Salad mix | 1 | 1.99 |
| Cottage Cheese - 8 oz. | 1 | 2.00 | Cherry tomatoes | 1 | 2.00 |
| Condiments | | | Green Onions | 1 | 2.00 |
| Blue Cheese Dressing | 1 | 2.00 | Green Bell Pepper | 1 | 0.79 |
| Steak sauce (like A-1) | 1 | 1.50 | Mushrooms, sliced | 1 | 1.99 |
| Italian dressing - 8 oz. | 1 | 1.75 | Red Bell Pepper | 1 | 2.50 |
| Dairy/spreads | | | Bag of Yellow Onions | 1 | 2.00 |
| eggs | 1 | 2.00 | Refrig. Items | | |
| Whipping Cream - 1 cup | 1 | 1.11 | Tomato slices | 1 | 0.00 |
| whipped cream | 1 | 2.00 | Condiments for sandwiches | 1 | 0.00 |
| Deli | | | Lettuce leaves | 1 | 0.00 |
| Your choice of meat, sliced | 1 | 10.00 | Butter | 1 | 0.00 |
| Provolone cheese - 1/2 lb. | 1 | 3.00 | Buttermilk | 1 | 0.00 |
| Ethnic Food | | | Salad peppers or relish | 1 | 0.00 |
| Kikkoman Stir-fry sauce | 1 | 2.00 | Red onion slices | 1 | 0.00 |
| Frozen Edamame | 1 | 2.50 | Sauces | | |
| Enchilada Sauce (red) | 1 | 1.50 | Rotel tomatoes and green chili | 1 | 1.00 |
| WW flour tortillas | 1 | 2.00 | Snacks | | |
| Freezer Items | | | Potato chips | 1 | 3.00 |
| cooked chicken - fr. freezer | 2 | 0.00 | Tortilla chips (plain) | 1 | 2.50 |
| Frozen Vegeta | | | Soup | | |
| 14 oz. Stir fry vegetables | 1 | 2.00 | Chicken Broth | 2 | 0.88 |
| Fruit | | | Cr. Of Mushroom | 1 | 0.89 |
| Peaches | 2 | 0.50 | Cr. Of Chicken | 1 | 0.89 |
| red grapes | 1 | 1.99 | Total: | | \$88.14 |
| Meat | | | | | |
| bacon | 2 | 2.50 | | | |
| Chicken tenders (raw) - 1 lb. | 1 | 3.99 | | | |
| Pantry Items | | | | | |
| Parsley | 1 | 0.00 | | | |
| Adobo | 1 | 0.00 | | | |
| Rice (preferably Calrose) | 1 | 0.00 | | | |
| Vegetable Oil (pref. light oli) | 1 | 0.00 | | | |
| Pepper | 1 | 0.00 | | | |
| Self-rising Flour | 1 | 0.00 | | | |
| Salt | 1 | 0.00 | | | |
| Cumin | 1 | 0.00 | | | |