

Shopping List: 5/18/2006

Beans			Baking Soda	1	0.00
Black Beans- dried	1	1.50	Thyme	1	0.00
Bread			Basil	1	0.00
Bread of your choice	1	2.00	Baking Powder	1	0.00
Canned Vegeta			Sugar	1	0.00
Canned Corn	2	0.50	Olive Oil	1	0.00
Canned Green Beans 32 oz.	1	2.00	Cumin	1	0.00
Cereal			Dry Mustard	1	0.00
Quick grits	1	2.00	Flour	1	0.00
Cheese			Cilantro	1	0.00
Mexican Blend - 2 cups	1	2.00	Cornstarch	1	0.00
Cheddar, sharp - 4 cups	1	4.00	Croutons	1	0.00
Mozzarella - shredded 8 oz.	1	2.00	Pasta / Rice		
Shredded Cheddar Cheese - 2 cu	1	2.50	Spaghetti- 8 oz.	1	0.80
Dairy/spreads			Elbow Macaroni 16 oz.	1	2.25
Cottage Cheese -8 oz.	1	1.00	Produce		
Ethnic Food			Salad greens	1	1.99
Enchilada Sauce (red)	1	1.50	Green Bell Pepper	1	0.79
Whole Wheat tortillas	1	2.50	Refrig. Items		
Fish			Milk (5 cups)	1	0.00
Tilapia - 2 lbs.	1	6.00	Eggs	3	0.00
Freezer Items			Hot sauce	1	0.00
cooked chicken - fr. freezer	1	0.00	Butter - 2 sticks	1	0.00
Sauted Onion (from freezer)	1	0.00	Parmesan Cheese	1	0.00
Gr. beef from freezer	1	0.00	Buttermilk	1	0.00
Frozen Pasta			Sour cream	1	0.00
Frozen Ravioli	1	4.99	Salad Dressing	1	0.00
Frozen Vegeta			Garlic cloves	1	0.00
Breaded Okra	1	2.00	Sauces		
Fruit			Spaghetti Sauce - 28 oz.	1	1.25
Cantaloupe	1	2.00	Tomato Paste 6 Oz	1	0.45
Meat			Stewed Tomatoes - 14.5 oz.	1	1.50
bacon	1	2.50	tomatoes - diced 14.5	1	1.50
Pantry Items			Soup		
Salt	1	0.00	Cr. Of Chicken	1	0.89
Bay leaf	1	0.00	Total:		\$52.91
Adobo	1	0.00			
Oregano	1	0.00			
Pecan meal (optional)	1	0.00			
Pepper	1	0.00			
Balsamic vinegar	1	0.00			
Vanilla Extract	1	0.00			