

Shopping List: 6/22/2006

<b>Cheese</b>			Yellow bell pepper	1	3.00
Monterey Jack block - 8oz.	1	1.70	Salad mix-ins	1	2.00
Cheddar-Jack cheese blend - 2	1	2.00	Tomatoes, ripe	3	1.00
<b>Condiments</b>			Bag baby spinach	1	2.50
ranch dressing mix	2	1.00	Carrots-Baby	1	1.50
<b>Dairy/spreads</b>			Cabbage	1	2.00
Crescent rolls - low fat	1	1.50	cucumbers	2	2.00
<b>Ethnic Food</b>			Green Bell Pepper	1	0.79
Kikkoman Stir-fry sauce	1	2.00	Onions - bag	1	2.00
Frozen Edamame	1	2.50	Lemon	1	0.50
<b>Fish</b>			Green Onions	2	2.00
Frozen shrimp for stir fry	1	4.00	Red Onion	1	1.00
<b>Frozen Vegeta</b>			Napa Cabbage	1	2.00
Peas And Carrots 16 Oz	1	1.03	Red Bell Pepper	3	2.50
Baby/petite peas	1	2.00	<b>Refrig. Items</b>		
<b>Meat</b>			Mayonnaise	1	0.00
bacon	1	2.50	Parmesan Cheese	1	0.00
Smoked Sausages - 12 oz.	1	4.00	Lemon Juice	1	0.00
Pork Chops - 6 large	1	6.00	Eggs	2	0.00
<b>Nuts</b>			Salad Dressing	1	0.00
Slivered almonds - 1 cup	1	1.75	Garlic cloves	4	0.00
<b>Pantry Items</b>			Butter	1	0.00
Oregano	1	0.00	<b>Soup</b>		
Olive Oil	1	0.00	Ramen noodles (any flavor)	1	0.15
Pepper	1	0.00	<b>Total:</b>		
Parsley	1	0.00	<b>\$71.31</b>		
Sugar	1	0.00			
Soy sauce	1	0.00			
Vegetable Oil (pref. light oli	1	0.00			
Tarragon	1	0.00			
sesame seeds	1	0.00			
Rice (preferably Calrose)	1	0.00			
Red Wine Vinegar	1	0.00			
Sesame Oil	1	0.00			
Salt	1	0.00			
Bread Machine ingredients	1	0.00			
Basil	1	0.00			
CROUTONS	1	0.00			
Cider vinegar	1	0.00			
Lemon pepper	1	0.00			
Adobo	1	0.00			
<b>Pasta / Rice</b>					
WW pasta shells - 16oz.	1	1.50			
<b>Produce</b>					
Celery	1	0.89			