

**Shopping List: 7/20/2006**

|                                |   |      |  |                          |                |
|--------------------------------|---|------|--|--------------------------|----------------|
|                                |   |      |  |                          |                |
| <b>Baking Prod</b>             |   |      |  | beef bouillon granules   | 1 0.00         |
| Baking Powder                  | 1 | 0.00 |  | Pepper                   | 1 0.00         |
|                                |   |      |  | Parsley                  | 1 0.00         |
| <b>Canned Meals</b>            |   |      |  |                          |                |
| Dried beef - small jar         | 1 | 2.50 |  | <b>Pasta / Rice</b>      |                |
|                                |   |      |  | Spiral pasta (WW)        | 1 1.50         |
| <b>Canned Vegeta</b>           |   |      |  |                          |                |
| Succotash                      | 2 | 1.00 |  | <b>Produce</b>           |                |
| Canned Corn                    | 2 | 0.50 |  | Garlic cloves            | 1 0.75         |
| Black Olives                   | 1 | 1.50 |  | Mushrooms, sliced        | 1 1.99         |
| Rotel                          | 1 | 1.50 |  | Cabbage slaw mix         | 1 2.50         |
|                                |   |      |  | Green Bell Pepper        | 1 0.79         |
| <b>Cheese</b>                  |   |      |  | Lettuce, variety pack    | 1 4.00         |
| Mozzarella - shredded 8 oz.    | 1 | 2.00 |  | Red Bell Pepper          | 1 2.50         |
| Cheddar block                  | 1 | 2.50 |  | Tomatoes, ripe           | 1 1.00         |
| Shredded Cheddar Cheese - 2 cu | 1 | 2.50 |  | Green Onions             | 1 2.00         |
| Parmesan cheese - 8 oz (bag)   | 1 | 1.99 |  |                          |                |
|                                |   |      |  | <b>Refrig. Items</b>     |                |
| <b>Condiments</b>              |   |      |  | Butter                   | 1 0.00         |
| Ranch Dressing                 | 1 | 1.99 |  | Milk                     | 1 0.00         |
|                                |   |      |  | Salad Dressing           | 1 0.00         |
| <b>Dairy/spreads</b>           |   |      |  | Hot sauce                | 1 0.00         |
| eggs                           | 1 | 2.00 |  | Mayonnaise               | 1 0.00         |
|                                |   |      |  | Buttermilk               | 1 0.00         |
| <b>Ethnic Food</b>             |   |      |  |                          |                |
| Salsa                          | 1 | 2.00 |  | <b>Sauces</b>            |                |
|                                |   |      |  | Spaghetti Sauce - 28 oz. | 1 1.25         |
| <b>Fish</b>                    |   |      |  |                          |                |
| flounder or catfish - 2 lbs.   | 1 | 8.00 |  | <b>Total:</b>            | <b>\$56.15</b> |
|                                |   |      |  |                          |                |
| <b>Freezer Items</b>           |   |      |  |                          |                |
| Browned beef (from Freezer)    | 1 | 0.00 |  |                          |                |
| green pepper, sauteed          | 1 | 0.00 |  |                          |                |
| Sauted Onion (from freezer)    | 1 | 0.00 |  |                          |                |
| Black beans (from freezer)     | 1 | 0.00 |  |                          |                |
|                                |   |      |  |                          |                |
| <b>Fruit</b>                   |   |      |  |                          |                |
| Cantaloupe                     | 1 | 2.00 |  |                          |                |
| Apples                         | 1 | 3.00 |  |                          |                |
|                                |   |      |  |                          |                |
| <b>Meat</b>                    |   |      |  |                          |                |
| Pepperoni                      | 1 | 1.39 |  |                          |                |
|                                |   |      |  |                          |                |
| <b>Pantry Items</b>            |   |      |  |                          |                |
| Croutons                       | 1 | 0.00 |  |                          |                |
| Salt                           | 1 | 0.00 |  |                          |                |
| Vegetable Oil (pref. light oli | 1 | 0.00 |  |                          |                |
| Vinegar                        | 1 | 0.00 |  |                          |                |
| Sugar                          | 1 | 0.00 |  |                          |                |
| Self-rising Flour              | 1 | 0.00 |  |                          |                |
| Bread Machine ingredients      | 1 | 0.00 |  |                          |                |
| Rice, your preference          | 1 | 0.00 |  |                          |                |
| Corn Meal                      | 1 | 0.00 |  |                          |                |
| Flour                          | 1 | 0.00 |  |                          |                |
| cayenne pepper                 | 1 | 0.00 |  |                          |                |