

Shopping List: 11/14/2006

<b>Beans</b>			Cilantro, fresh	1	2.00
Can of black beans	1	0.75	Red Onion	1	1.00
<b>Bread</b>			Salad greens	1	1.99
Bread of your choice	1	2.00	Salad mix-ins	1	2.00
<b>Canned Meals</b>			Baking potatoes - 5 lb. bag	1	3.00
Chili	1	1.50	<b>Refrig. Items</b>		
<b>Canned Vegeta</b>			Bacon or bacon bits	1	0.00
Pimiento - 4 oz	1	2.00	Butter	1	0.00
Canned Corn	1	0.50	Salad Dressing	1	0.00
Creamed corn	2	1.00	Sour cream	1	0.00
<b>Cheese</b>			Soy sauce/tamari	1	0.00
Cheddar, sharp - 4 cups	1	4.00	<b>Sauces</b>		
Monterey Jack 16 Oz	1	2.99	Rotel tomatoes and green chili	2	1.00
<b>Dairy/spreads</b>			<b>Snacks</b>		
Half & Half - 16 oz.	1	1.99	Tortilla chips	1	2.50
<b>Ethnic Food</b>			<b>Soup</b>		
Green Chiles (diced)	1	1.00	Chicken Broth	1	0.88
<b>Fish</b>			<b>Total:</b>		
salmon - 4 -6 oz. fillets	1	10.00	<b>\$57.10</b>		
<b>Freezer Items</b>					
Sauted Onion (from freezer)	1	0.00			
cooked chicken - fr. freezer	1	0.00			
<b>Frozen Vegeta</b>					
Okra - 10 oz., not breaded	1	2.00			
English peas	1	2.00			
<b>Fruit</b>					
Apples	1	3.00			
<b>Nuts</b>					
Sliced almonds-sm. bag	1	2.00			
<b>Pantry Items</b>					
Cumin	1	0.00			
olive oil spray	1	0.00			
Pepper, black	1	0.00			
Garlic clove	4	0.00			
Chives	1	0.00			
Croutons	1	0.00			
Adobo	1	0.00			
<b>Pasta / Rice</b>					
Wild rice blend	1	2.00			
<b>Produce</b>					
Tomatoes - cherry	1	2.00			