

Shopping List: 11/30/2006

Beans			Basil	1	0.00
Kidney beans - can	1	1.25	Cinnamon	1	0.00
Canned Fruit			Bay leaf	1	0.00
peaches	1	1.50	Oregano	1	0.00
Pears	1	2.50	paprika	1	0.00
Canned Vegeta			Pasta / Rice		
Canned Green Beans 32 oz.	1	2.00	Spaghetti- 8 oz.	1	0.80
Roasted Red Peppers (jar)	1	2.00	Rice pilaf	1	2.00
Cheese			Produce		
Mozzarella - shredded 8 oz.	1	2.00	Sugar snap peas 6 oz.	2	2.00
Crackers			Veggies for dip	1	3.00
Graham Crackers	1	2.50	Salad mix-ins	1	2.00
Dairy/spreads			Salad greens	1	1.99
Crescent rolls - low fat	2	1.50	Mushrooms, sliced	1	1.99
Dip for veggies	1	2.00	Greens of choice	1	3.00
Deli			Baking Potatoes - 5 lbs.	1	3.00
Genoa salami, thinly sliced -	1	2.00	Refrig. Items		
Ethnic Food			Milk	1	0.00
Salsa	1	2.00	Eggs	3	0.00
Fish			Butter	1	0.00
Tilapia - 2 lbs.	1	6.00	Lemon Juice	1	0.00
Freezer Items			Sauces		
Peppers & onions (from freezer)	1	0.00	tomatoes - diced 14.5	1	1.50
Sauted Onion (from freezer)	2	0.00	Spaghetti Sauce - 28 oz.	1	1.25
Frozen Vegeta			Stewed Tomatoes - 14.5 oz.	1	1.50
Spinach - 10 oz	1	1.50	Tomato Paste 6 Oz	1	0.45
Fruit			Snacks		
Clementines or Oranges	1	3.00	Hershey chocolate bars - 6 pk.	1	2.50
Bag of Granny Smith apples	1	3.00	Marshmallows 16 Oz	1	1.19
Meat			Total:		
Hot Italian Sausage - 1/2 lb.	1	2.00	\$76.42		
Sausage links (precooked)	1	4.00			
Ground Beef - 1.5 lbs.	1	4.00			
Pantry Items					
Thyme	1	0.00			
Pepper, black	1	0.00			
Sugar	1	0.00			
Salt	1	0.00			
Vanilla Extract	1	0.00			
Rice, your preference	1	0.00			
Adobo	1	0.00			
Bread Crumbs	1	0.00			