

Grocery List for 6/18/07
Created by
Shopping List: 6/12/2007

Bread			Tomatoes, ripe	2	1.00
crusty bread	1	2.00	Baking potatoes - 5 lb. bag	1	3.00
Italian bread	1	2.50	Salad greens	1	1.99
Canned Fruit			Green Onions	1	2.00
Pineapple chunks	1	2.00	Salad mix-ins	1	2.00
Canned Meals			Refrig. Items		
Chili	1	1.50	Lemon Juice	1	0.00
Canned Vegeta			Mayonnaise	1	0.00
Canned Corn 14.5 oz	1	0.50	Bacon or bacon bits	1	0.00
Diced tomatoes - 14.5 oz.	1	1.00	Relish	1	0.00
Cheese			Eggs	1	0.00
Ricotta - 16 oz.	1	1.99	Garlic, minced - jar	1	0.00
Cheddar shredded - 2 cups	1	2.50	Parmesan Cheese	1	0.00
Swiss Cheese block	1	2.00	Sour cream	1	0.00
Mozzarella cheese, sliced - 16	1	3.00	Butter	1	0.00
Dairy/spreads			Sauces		
Vanilla yogurt - 8 oz.	2	0.50	Tomato sauce 15 oz.	1	1.50
Freezer Items			Spaghetti Sauce - 28 oz.	1	1.25
Browned beef (from Freezer)	2	0.00	Snacks		
Frozen Vegeta			Potato chips	1	3.00
Broccoli florets - 32 oz.	1	3.50	Total:		
Fruit			\$68.72		
Grapes	1	1.99			
Apples	1	3.00			
Mango, fresh or in jar	1	2.00			
Meat					
Chicken breasts, boneless	2	6.00			
Pantry Items					
Oregano	1	0.00			
Parsley	1	0.00			
paprika	1	0.00			
Soy sauce	1	0.00			
Vegetable Oil (pref. light oli	1	0.00			
Salt	1	0.00			
Pepper, black	1	0.00			
Red Wine Vinegar	1	0.00			
Garlic salt	1	0.00			
Chives	1	0.00			
Adobo	1	0.00			
olive oil spray	1	0.00			
Basil	1	0.00			
Pasta / Rice					
Spiral pasta (WW)	1	1.50			
Long Grain white rice	1	2.00			
Lasagna noodles	1	1.50			
Produce					
zucchini	6	0.75			