

Shopping list for 7/23/07
Created by
Shopping List: 7/16/2007

Beans				
Black Beans- dried	1	1.50		
Bread				
Whole Grain Bread	1	2.50		
Canned Vegeta				
Tomato Paste - 6 oz.	2	0.50		
Lrge Ripe Olives 6 Oz	1	1.42		
Cheese				
Cheddar, shredded - 4 cups	1	4.00		
Condiments				
good seasons italian packet	1	3.00		
Barbecue Sauce	1	1.00		
Italian dressing - 8 oz.	1	1.75		
Dairy/spreads				
Crescent rolls - low fat	1	1.50		
Ethnic Food				
Enchilada Sauce (red)	3	1.50		
Corn Tortillas	1	2.00		
Fish				
Firm-fleshed fish - 2 lbs. (sa	1	10.00		
Freezer Items				
cooked chicken - fr. freezer	1	0.00		
Browned beef (from Freezer)	2	0.00		
Frozen Vegeta				
Broccoli florets - 12 oz.	1	1.50		
Fruit				
Bananas 1lb	1	0.59		
Fruit of your choice	1	3.00		
Strawberries Bskt	1	2.00		
Meat				
Chicken parts - 1 lbs.	4	3.50		
Pantry Items				
Olive Oil	1	0.00		
Salt	1	0.00		
Bread Machine ingredients for	1	0.00		
Basil	1	0.00		
Hot sauce	1	0.00		
Honey	1	0.00		
Chili Powder	1	0.00		
Balsamic vinegar	1	0.00		
Cumin	1	0.00		
Adobo	1	0.00		
Vinegar	1	0.00		
Pepper, black	1	0.00		
Pasta / Rice				
Brown Rice	1	2.00		
Produce				
Red Onion	1	1.00		
Tomatoes, ripe	2	1.00		
zucchini	3	0.75		
Salad greens	1	1.99		
Red Bell Pepper	1	2.50		
Eggplant	1	2.00		
Corn On Cob - 6 ears	1	2.00		
Carrots-Baby	1	1.50		
Green Bell Pepper	2	0.79		
Onions - bag	1	2.00		
Green Beans 1 lb.	1	3.00		
Refrig. Items				
Butter	1	0.00		
Garlic cloves	3	0.00		
Soup				
Chicken Broth	1	0.88		
Total:				\$79.96