

Shopping list for 10/15/07

Created by

Shopping List: 10/4/2007

| | | | | | |
|--------------------------------|---|------|------------------------|---|----------------|
| Beans | | | Cornstarch | 1 | 0.00 |
| Pork-n-beans, 28 oz. | 2 | 1.00 | Chili Powder | 1 | 0.00 |
| | | | Cumin | 1 | 0.00 |
| Canned Vegeta | | | Crushed red pepper | 1 | 0.00 |
| Mexican corn | 1 | 0.75 | Lemon pepper | 1 | 0.00 |
| | | | | | |
| Cheese | | | Pasta / Rice | | |
| Finely shredded cheddar - 2 cu | 2 | 2.00 | Egg Noodles | 1 | 1.50 |
| | | | Elbow Macaroni 8 oz. | 1 | 1.25 |
| Dairy/spreads | | | | | |
| Light sour cream - 8 oz. | 1 | 0.99 | Produce | | |
| Crescent rolls - low fat | 1 | 1.50 | Mushrooms, whole | 1 | 1.59 |
| | | | Bag baby spinach | 2 | 2.50 |
| Ethnic Food | | | onion (1) | 1 | 0.40 |
| Kikkoman Stir-fry sauce | 1 | 2.00 | Green Onions | 1 | 2.00 |
| | | | Broccoli Bunch | 2 | 0.69 |
| Frozen Vegeta | | | | | |
| Green beans | 1 | 2.00 | Refrig. Items | | |
| Peas | 1 | 1.50 | Cheddar cheese, grated | 1 | 0.00 |
| 14 oz. Stir fry vegetables | 1 | 2.00 | Bacon or bacon bits | 1 | 0.00 |
| | | | Mustard | 1 | 0.00 |
| Fruit | | | Mayonnaise | 1 | 0.00 |
| Strawberries Bskt | 2 | 2.00 | Butter | 1 | 0.00 |
| red grapes | 1 | 1.99 | Milk | 1 | 0.00 |
| Plum | 2 | 0.50 | | | |
| Kiwi | 2 | 0.50 | Sauces | | |
| Cantaloupe | 1 | 2.00 | Tomato Sauce 8 Oz | 1 | 0.30 |
| Bananas 1lb | 1 | 0.59 | | | |
| | | | Snacks | | |
| Meat | | | Tortilla chips | 1 | 2.50 |
| Boneless chicken - 1 lb. | 1 | 3.00 | | | |
| Ground Beef - 1 lb. | 5 | 2.50 | Soup | | |
| Hot dogs | 1 | 2.50 | Beef Broth | 1 | 0.89 |
| Beef Roast - 3-4 lbs. | 1 | 7.50 | | | |
| Chicken - whole roaster | 1 | 4.50 | | | |
| | | | Total: | | \$74.13 |
| Pantry Items | | | | | |
| Pepper, black | 1 | 0.00 | | | |
| Olive Oil | 1 | 0.00 | | | |
| onion powder | 1 | 0.00 | | | |
| Oregano | 1 | 0.00 | | | |
| Parsley | 1 | 0.00 | | | |
| Onion, dried minced | 1 | 0.00 | | | |
| beef bouillon granules | 1 | 0.00 | | | |
| Sugar | 1 | 0.00 | | | |
| Salt | 1 | 0.00 | | | |
| Thyme | 1 | 0.00 | | | |
| Vinegar | 1 | 0.00 | | | |
| Vegetable Oil (pref. light oli | 1 | 0.00 | | | |
| Bay leaf | 1 | 0.00 | | | |
| Poppy seed | 1 | 0.00 | | | |
| Red (Burgundy) wine | 1 | 0.00 | | | |
| Rice (preferably Calrose) | 1 | 0.00 | | | |
| Red Wine Vinegar | 1 | 0.00 | | | |
| Minced Garlic, dried | 1 | 0.00 | | | |
| Flour | 1 | 0.00 | | | |
| Dry Mustard | 1 | 0.00 | | | |
| ketchup | 1 | 0.00 | | | |
| Garlic clove | 1 | 0.00 | | | |