

Shopping list for 2/4/08
Created by
Shopping List: 1/28/2008

Beans			Salt	1	0.00
Black Beans- dried	1	1.50	Parsley	1	0.00
Bread			Pepper, black	1	0.00
Italian bread	1	2.50	olive oil spray	1	0.00
Canned Fruit			Red Wine Vinegar	1	0.00
Pineapple slices	1	1.75	Olive Oil	1	0.00
Canned Vegeta			Cooking sherry	1	0.00
Canned Corn 14.5 oz	1	0.50	Balsamic vinegar	1	0.00
Cheese			Sugar	1	0.00
Cheddar shredded - 2 cups	2	2.50	Brown Sugar	1	0.00
Parmesan cheese - 8 oz (bag)	2	1.99	Celery seed (opt.)	1	0.00
Mozzarella - shredded 8 oz.	1	2.00	Croutons	1	0.00
Mexican Blend - 2 cups	1	2.00	Self-Rising Flour	1	0.00
Dairy/spreads			Baking Powder	1	0.00
Cottage cheese - 16 oz.	1	3.00	Hot sauce	1	0.00
Cream cheese, 3 oz.	1	1.00	Dry Mustard	1	0.00
Light Sour Cream - 16 oz	1	1.99	Flour	1	0.00
Vanilla yogurt - 8 oz.	1	0.50	Pasta / Rice		
Whipping Cream - 1 cup	1	1.11	Linguine	1	1.50
eggs	1	2.00	Couscous	1	1.25
Ethnic Food			Produce		
Green Chiles (diced)	1	1.00	Tomatoes, ripe	1	1.00
WW flour tortillas	1	2.00	Brussels sprouts -pints	2	2.50
Fish			Carrots-Baby	1	1.50
Tilapia - 2 lbs.	1	6.00	Leaf Lettuce	1	1.50
Freezer Items			Mushrooms, sliced	1	1.99
Meatballs (from freezer)	1	0.00	Red Bell Pepper	1	2.50
Sauted Onion (from freezer)	1	0.00	Basil-fresh	1	1.99
Black beans (from freezer)	1	0.00	Refrig. Items		
Peppers & onions (from freezer)	1	0.00	Cheddar cheese, grated	1	0.00
cooked chicken - fr. freezer	3	0.00	Butter	2	0.00
Frozen Pasta			Buttermilk	1	0.00
Frozen Ravioli	1	4.99	Milk	1	0.00
Frozen Vegeta			Salsa	1	0.00
Broccoli florets - 32 oz.	1	3.50	Salad Dressing	1	0.00
Fruit			Lemon Juice	1	0.00
Red grapes	1	2.50	Garlic cloves	1	0.00
Bag of Granny Smith apples	1	3.00	Sauces		
Peaches - 3	1	1.50	Spaghetti Sauce - 28 oz.	1	1.25
Meat			Soup		
bacon	1	2.50	Chicken Broth	1	0.88
Nuts			Total:		
Sliced almonds-sm. bag	1	2.00	\$79.68		
Walnuts	1	1.50			
Pantry Items					