

Menus4Moms Grocery List for 4/7/08

Created by

Shopping List: 3/31/2008

Bread			Sugar	1	0.00
Ciabatta bread	1	2.50	Adobo	1	0.00
crusty bread	1	2.00	Balsamic vinegar	1	0.00
Canned Vegeta			Pasta / Rice		
Diced tomatoes - 14.5 oz.	1	1.00	Ziti - 16 oz.	1	1.00
Cheese			Wild rice blend	1	2.00
Feta - 4oz.	1	2.25	Produce		
Cheddar shredded - 2 cups	1	2.50	Green Bell Pepper	1	0.79
Mozzarella - shredded 8 oz.	2	2.00	Tomatoes, ripe	1	1.00
Ricotta - 16 oz.	1	1.99	Mushrooms, sliced	1	1.99
Parmesan cheese - 8 oz (bag)	1	1.99	Leaf Lettuce	2	1.50
Dairy/spreads			Onions - bag	1	2.00
whipped cream	1	2.00	Refrig. Items		
eggs	1	2.00	Carrots	1	0.00
Guacamole	1	2.50	Teriyaki sauce	1	0.00
Vanilla yogurt - 32 oz.	1	3.00	Buttermilk	1	0.00
Light sour cream - 8 oz.	1	0.99	Garlic, minced - jar	1	0.00
Ethnic Food			Bacon or bacon bits	1	0.00
Flour tortillas, 10" - 8 ct.	2	2.00	Butter	1	0.00
Freezer Items			Salsa	1	0.00
cooked chicken - fr. freezer	1	0.00	Salad Dressing	1	0.00
Sauted Onion (from freezer)	1	0.00	Milk	1	0.00
shredded beef (from last week)	1	0.00	Sauces		
Frozen Vegeta			Spaghetti Sauce - 28 oz.	1	1.25
Cut Corn 16 Oz	1	1.15	Soup		
Asparagus	2	2.50	Cr. Of Mushroom	3	0.89
Fruit			Chicken Broth	3	0.88
Apples	1	3.00	Total:		\$72.20
Grapes	1	1.99			
Peaches - 2	1	1.50			
Meat					
bacon	1	2.50			
Boneless chicken breasts - 4	1	6.00			
Pantry Items					
Brown Sugar	1	0.00			
Salt	1	0.00			
Vegetable Oil (pref. light oli	1	0.00			
Rosemary, dried	1	0.00			
Pepper, black	1	0.00			
Rice, your preference	1	0.00			
Baking Powder	1	0.00			
Olive Oil	1	0.00			
Basil	1	0.00			
CROUTONS	1	0.00			
Cumin	1	0.00			
Cooking sherry	1	0.00			
Chili Powder	1	0.00			
Cinnamon	1	0.00			
Baking Soda	1	0.00			
Flour	1	0.00			