

Menus4Moms Grocery List for 7/21/08

Created by

Shopping List: 7/14/2008

Beans			Adobo	1	0.00
Can of black beans	2	0.75	Brown Sugar	1	0.00
Bread			Basil	1	0.00
crusty bread	1	2.00	Lemon pepper	1	0.00
Canned Fruit			Vegetable Oil (pref. light oli	1	0.00
Pineapple, crushed - 20 oz.	3	1.75	Honey	1	0.00
Pineapple tidbits 20 oz.	1	2.00	Pasta / Rice		
Cheese			Orecchiette pasta (or med. she	1	2.50
Mexican Blend - 2 cups	1	2.00	Produce		
Cheddar shredded - 2 cups	2	2.50	onion (1)	1	0.40
Feta - 4oz.	1	2.25	Sugar snap peas 6 oz.	2	2.00
Parmesan cheese - 8 oz (bag)	1	1.99	Tomatoes, ripe	3	1.00
Crackers			scallions	1	2.00
Ritz	1	1.50	Leaf Lettuce	1	1.50
Dairy/spreads			Green Bell Pepper	1	0.79
Sour cream - 8 oz.	1	0.99	Red Bell Pepper	1	2.50
Ethnic Food			Yellow bell pepper	1	3.00
Whole wheat tortillas - 12 ct.	1	2.00	Carrots-Baby	2	1.50
Green Chiles (diced)	1	1.00	Refrig. Items		
Fish			Lemon Juice	1	0.00
Flaky white fish 2 lbs.	1	8.00	Mayonnaise	1	0.00
Freezer Items			Butter	1	0.00
cooked chicken - fr. freezer	2	0.00	Garlic cloves	1	0.00
Meatballs (from freezer)	1	0.00	Salsa	1	0.00
Frozen Vegeta			Sour cream	1	0.00
Green beans	1	2.00	Mustard	1	0.00
Shoepog corn (white)	1	1.50	Salad Dressing	1	0.00
cut corn - 12 oz.	1	0.99	Snacks		
Fruit			Buttery Round Crackers (Ritz)	1	2.00
Peaches - 3	1	1.50	Total:		
Meat					\$76.16
Ham butt or shoulder, smoked	1	10.00			
Pantry Items					
Olive Oil	1	0.00			
olive oil spray	1	0.00			
Red Wine Vinegar	1	0.00			
Rice, your preference	1	0.00			
Salt	1	0.00			
Sugar	1	0.00			
Pepper, black	1	0.00			
Parsley	1	0.00			
Soy sauce	1	0.00			
Croutons	1	0.00			
Cornstarch	1	0.00			
Vinegar	1	0.00			
Flour	1	0.00			
Balsamic vinegar	1	0.00			