

Menus4Moms Grocery List for 12/01/08

Created by

Shopping List: 11/25/2008

Baking Prod			Rice, your preference	1	0.00
Coconut	1	2.00	Salt	1	0.00
Whole Wheat Flour	1	2.00	Soy Sauce	1	0.00
Yeast	1	1.00	Cayenne Pepper	1	0.00
Beans			Honey	1	0.00
Black Beans- dried	1	1.50	Croutons	1	0.00
Bread			Oregano	1	0.00
Crusty Bread	1	2.00	Olive Oil	1	0.00
Canned Fruit			Paprika	1	0.00
Pineapple Chunks	2	2.00	Pasta / Rice		
Canned Vegeta			Barley	1	1.50
Rotel	1	1.50	Couscous	1	1.25
Canned Corn 14.5 oz	2	0.75	Produce		
Cheese			Carrots-Baby	1	2.50
Cheddar, Shredded - 2 cups	1	2.50	Sugar Snap Peas 6 oz.	2	2.00
Parmesan Cheese - 8 oz (bag)	1	1.99	Red Bell Pepper	1	2.50
Ricotta - 16 oz.	1	1.99	Celery	1	0.89
Mexican Blend - 2 cups	1	2.00	Tomatoes, Ripe	2	1.00
Mozzarrella - 4 cups	1	3.50	Red Leaf Lettuce	1	2.00
Condiments			Refrig. Items		
Dry Onion Soup Mix	1	2.00	Bacon or bacon bits	1	0.00
Ranch Dressing Mix	1	1.00	Leftover turkey	1	0.00
Ethnic Food			Salad Dressing	1	0.00
Enchilada Sauce (red)	1	1.50	Lemon Juice	1	0.00
Whole Wheat Tortillas - 12 ct.	1	2.00	Milk	1	0.00
Fish			Butter	1	0.00
Tilapia - 2 lbs.	1	6.00	Garlic Cloves	1	0.75
Freezer Items			Sour Cream	1	0.00
Sauteed Onion (from freezer)	1	0.00	Sauces		
Browned Beef (from Freezer)	1	0.00	Spaghetti Sauce - 28 oz.	1	1.50
Frozen Vegeta			Soup		
Green Beans	1	2.50	Chicken Broth	6	0.88
Broccoli Florets - 12 oz.	1	1.50	Cr. of Celery	1	1.00
Fruit			Cr. Of Mushroom	1	1.00
Bag of Granny Smith apples	1	3.00	Total:		
Meat					\$75.65
Pepperoni	1	2.50			
Pantry Items					
Pepper, Black	1	0.00			
Parsley	1	0.00			
Basil	1	0.00			
Red Wine Vinegar	1	0.00			
Thyme	1	0.00			
Vanilla Extract	1	0.00			
Adobo	1	0.00			
Sugar	1	0.00			