

Menus4Moms Shopping List for 4/13/09

Created by

Shopping List: 4/7/2009

				Spinach Salad Mix	1	3.00
Beans						
15 Bean Soup Mix	1	2.00				
Kidney Beans - Can	1	1.25		Soup		
				Chicken Broth	2	0.88
Pantry Items						
Adobo	1	0.00		Spices		
Baking Powder	1	0.00		Chili Seasoning	1	1.75
Basil	1	0.00				
Corn Meal	1	0.00		Bread		
Croutons	1	0.00		Ciabatta Bread	1	2.50
Flour	1	0.00				
Nutmeg	1	0.00		Cheese		
Olive Oil	1	0.00		Cream Cheese Soft 8 Oz	1	1.50
Oregano	1	0.00		Mozzarella - Shredded 8 Oz.	2	2.00
Pepper, Black	1	0.00		Parmesan Cheese - 8 Oz (bag)	2	1.99
Pizza Crust Ingredients Or Pre	1	0.00				
Raisins	1	0.00		Dairy/spreads		
Red Wine Vinegar	1	0.00		Eggs	1	2.00
Salt	1	0.00		Half & Half - 8 Oz.	1	2.00
Soy Sauce	1	0.00		Vanilla Yogurt - 32 Oz.	1	3.00
Sugar	1	0.00				
Vegetable Oil (pref. Light Oli	1	0.00		Canned Fruit		
				Fruit Cocktail 16 Oz	2	1.18
Sauces				Pineapple Slices	1	1.75
Alfredo Sauce (1 Lb. Jar)	1	2.00				
				Frozen Vegeta		
Meat				Peas And Carrots 16 Oz	1	1.03
Boneless Chicken - 1 Lb.	4	3.00		Petite Peas 16 Oz	1	1.30
				Spinach - 10 Oz	2	1.50
Pasta / Rice						
Brown Rice	1	2.50		Condiments		
Calrose Rice	1	3.89		Ranch Dressing	1	2.50
Elbow Macaroni 8 Oz.	1	1.25		Ranch Dressing Mix	1	1.00
Ww Pasta Shells - 16oz.	1	1.50				
				Nuts		
Freezer Items				Sunflower Seeds	1	2.50
Browned Beef (from Freezer)	1	0.00				
Ham, Diced (from Freezer)	1	0.00		Total:		\$84.33
Sauteed Onion (from Freezer)	1	0.00				
Refrig. Items						
Butter	1	0.00				
Garlic Cloves	1	0.00				
Mayonnaise	1	0.00				
Milk	1	0.00				
Salad Dressing	1	0.00				
Canned Vegeta						
Canned Corn 14.5 Oz	2	0.75				
Crushed Tomatoes 28 Oz.	1	0.99				
Diced Tomatoes - 14.5 Oz.	1	1.00				
Produce						
Carrots-Baby	1	2.50				
Celery	1	0.89				
Green Bell Pepper	1	0.85				
Green Onions	1	2.00				
Mushrooms, Sliced	2	1.99				
Onion (1)	2	0.40				
Red Bell Pepper	1	2.50				