

Menus4Moms Shopping List for 4/27/09

Created by

Shopping List: 4/21/2009

				Cheddar, Shredded - 2 Cups	1	2.50
Meat						
3-5 lbs. beef chuck	1	10.00				
Bacon	1	2.50		Condiments		
Chicken parts - 1 lbs.	2	2.50		Chili Sauce	1	2.00
Ground Beef - 1 lb.	5	2.50		Ranch Dressing Mix	2	1.00
				Steak Sauce (like A-1)	1	1.50
Refrig. Items						
Bacon or bacon bits	1	0.00		Canned Vegeta		
Buttermilk	1	0.00		Diced Tomatoes - 14.5 oz.	1	1.00
Eggs	1	0.00		Pimiento - 4 oz	1	2.00
Garlic Cloves	1	0.00		Stewed Tomatoes	1	1.00
Lemon Juice	1	0.00		Tomato Paste - 6 oz.	1	0.50
Lettuce Leaves	1	0.00				
Mayonnaise	1	0.00		Pasta / Rice		
Parmesan Cheese	1	0.00		Egg Noodles	1	1.50
Salad Dressing	1	0.00		Spaghetti- 8 oz.	1	0.80
Sour Cream	1	0.00				
				Fruit		
Pantry Items				Fruit Of Your Choice	1	3.00
Baking Powder	1	0.00		Peaches - 3	1	2.50
Baking Soda	1	0.00				
Basil	1	0.00		Frozen Vegeta		
Bay Leaf	1	0.00		Green Beans	1	2.50
Bread Crumbs	1	0.00				
Croutons	1	0.00		Bread		
Flour	1	0.00		Italian Bread	1	2.50
Garlic Salt	1	0.00				
Honey	1	0.00		Baking Prod		
Ketchup	1	0.00		Pepp. Farm stuffing - sm. bag	1	1.50
Non-Stick Cooking Spray	1	0.00				
Onion Powder	1	0.00		Cereal		
Oregano	1	0.00		Quick grits	1	2.00
Pecan Meal (optional)	1	0.00				
Pepper, Black	1	0.00		Freezer Items		
Pepper, Red	1	0.00		Sauteed Onion (from freezer)	1	0.00
Red (Burgundy) wine	1	0.00				
Salt	1	0.00		Deli		
Sugar	1	0.00		Sliced Ham 16 Oz	1	4.48
Thyme	1	0.00		Sliced Turkey Breast 16 Oz	1	4.20
Vanilla Extract	1	0.00				
Vegetable Oil (pref. light oli	1	0.00		Sauces		
Worcestershire Sauce	1	0.00		Spaghetti Sauce - 28 oz.	1	1.50
				Tomato Sauce 8 Oz	1	0.30
Soup						
Beef Broth	1	0.89		Total:		\$101.64
Cr. Of Chicken	1	1.00				
Dairy/spreads						
Butter - 1 Lb.	1	2.50				
Produce						
Carrots-Baby	2	2.50				
Cucumbers	2	1.00				
Green Onions	1	2.00				
Mushrooms, Whole (4 oz.)	2	2.00				
Onions, Pearl	1	3.49				
Parsley	1	1.50				
Salad Greens	2	1.99				
Tomatoes, Ripe	3	1.00				
Yellow Squash - 3 lbs.	1	3.00				

Cheese