

Menus4Moms Shopping List for 5/18/09

Created by

Shopping List: 5/12/2009

				Crusty Bread	1	2.00
Pantry Items						
Adobo	1	0.00				
Brown Sugar	1	0.00		Refrig. Items		
Canola Oil	1	0.00		Garlic Cloves	1	0.00
Chives	1	0.00		Lemon Juice	1	0.00
Dehydrated Onion	1	0.00				
Garlic Powder	1	0.00		Pasta / Rice		
Ketchup	1	0.00		Instant Rice 14 Oz	1	1.49
Non-Stick Cooking Spray	1	0.00		Spiral Pasta (WW) (12 oz.)	1	1.50
Olive Oil	1	0.00		Yellow Rice, Lg. Pkg.	1	2.50
Parsley	1	0.00				
Pepper, Black	1	0.00		Canned Fruit		
Red Wine Vinegar	1	0.00		Pineapple Slices	1	1.75
Salt	1	0.00				
Soy Sauce	1	0.00		Ethnic Food		
Sugar	1	0.00		Salsa (1 cup)	1	2.00
Vanilla Extract	1	0.00				
White Wine Vinegar	1	0.00		Snacks		
				Tortilla chips (2 cups)	1	2.50
Produce						
Asparagus 1lb	1	1.99		Total:		\$87.27
Cucumbers	1	1.00				
Fresh Basil	1	2.00				
Green Bell Pepper	8	0.85				
Green Onions	1	2.00				
Leaf Lettuce	1	2.00				
Lemon	2	0.50				
Mushrooms, Whole (4 oz.)	2	2.00				
Onions - Bag	1	2.00				
Red Bell Pepper	1	2.50				
Meat						
Bacon	1	2.50				
Beef Kabob Meat - 2lbs.	2	8.00				
Pork Chops - 6 large	1	6.00				
Fruit						
Bag of Granny Smith apples	1	3.00				
Oranges 1lb	1	1.00				
Red Grapes	1	1.99				
Freezer Items						
Black Beans (from freezer)	1	0.00				
Cooked Chicken - Fr. Freezer	1	0.00				
TacoSeas. grnd. beef (freezer)	1	0.00				
Cheese						
Blue Cheese - 8 oz.	1	4.00				
Cheddar, Shredded - 2 cups	1	2.50				
Frozen Vegeta						
Broccoli Cuts 16 Oz	1	1.50				
Cut Corn 16 Oz	1	1.75				
Green Beans (32 oz.)	1	2.50				
Dairy/spreads						
Crescent rolls - low fat	1	1.50				
Sour Cream-8 oz.	1	1.00				
Vanilla Yogurt - 32 oz.	1	3.00				
Bread						