

Menus4Moms Shopping List for 7/6/09

Created by

Shopping List: 6/30/2009

				Browned Beef (from Freezer)	1	0.00
Pantry Items				Sauteed Onion (from freezer)	1	0.00
Adobo	1	0.00				
Dill	1	0.00				
Dry Mustard	1	0.00		Cheese		
Honey	1	0.00		Cheddar, Shredded - 2 cups	1	2.50
Lemon Pepper	1	0.00		Parmesan Cheese - 8 oz (bag)	1	1.99
Non-Stick Cooking Spray	1	0.00				
Olive Oil	1	0.00		Bread		
Onion Powder	1	0.00		Ciabatta bread	1	2.50
Pepper, Black	1	0.00		Pita Bread	1	3.00
Poppy Seed	1	0.00				
Red Wine Vinegar	1	0.00		Canned Vegeta		
Salt	1	0.00		Diced Tomatoes - 14.5 oz.	1	1.00
Sandwich condiments	1	0.00				
Sugar	1	0.00		Fish		
Vegetable Oil (pref. light oli	1	0.00		Flaky white fish 2 lbs.	1	8.00
Vinegar	1	0.00				
White Wine Vinegar	1	0.00		Condiments		
Worcestershire Sauce	1	0.00		Good Seasons Italian Packet	1	3.00
Sauces				Ethnic Food		
Alfredo Sauce (1 lb. jar)	1	2.00		Green Chiles (diced)	1	1.00
Produce				Pasta / Rice		
Asparagus 1lb	1	1.99		Linguine	1	1.50
Broccoli Bunch	2	0.75		Wild Rice Blend	1	2.00
Green Beans 1 lb.	1	3.00				
Green Bell Pepper	1	0.85		Nuts		
Mushrooms, Sliced	1	1.99		Pecans 1/2 cup	1	2.00
Onion (1)	1	0.50		Walnuts	1	2.50
Red Onion	1	1.00				
Romaine Lettuce	1	1.50		Snacks		
Spinach Salad Mix	2	3.00		Potato Chips	1	3.00
Tomatoes, Ripe	1	1.00				
				Meat		
Refrig. Items				Split Chicken Breasts - 1 lb.	6	1.50
Bacon or bacon bits	1	0.00				
Butter	1	0.00		Total:		\$81.34
Condiments For Sandwiches	1	0.00				
Eggs	1	0.00				
Garlic Cloves	1	0.00				
Lemon Juice	1	0.00				
Mayonnaise	1	0.00				
Milk	1	0.00				
Sandwich Peppers Or Relish	1	0.00				
Fruit						
Bananas	1	0.75				
Cantaloupe	1	2.00				
Kiwi	2	0.50				
Plum	2	0.50				
Red Grapes	1	1.99				
Strawberries Bskt	2	3.50				
Baking Prod						
Bisquick	1	2.00				
Frozen Vegeta						
Broccoli Caulifl 16 Oz	1	1.28				
Freezer Items						