

Menus4Moms Shopping List for 8/10/09

Created by

Shopping List: 8/4/2009

				Canned Green Beans 32 Oz.	1	2.00
Pantry Items				Mexican Corn	2	0.75
Adobo	1	0.00				
Balsamic Vinegar	1	0.00				
Basil	1	0.00		Refrig. Items		
Beef Bouillon Granules	1	0.00		Butter	1	0.00
Bread Crumbs	1	0.00		Eggs	1	0.00
Cayenne Pepper	1	0.00		Lemon Juice	1	0.00
Cinnamon	1	0.00		Milk	1	0.00
Flour	1	0.00		Orange Juice	1	0.00
Garlic Salt	1	0.00		Parmesan Cheese	1	0.00
Honey	1	0.00		Ranch Salad Dressing	1	0.00
Hot Sauce	1	0.00		Salsa	1	0.00
Minced Garlic, Dried	1	0.00		Steak Sauce (like A-1)	1	0.00
Non-Stick Cooking Spray	1	0.00				
Nuts (pecans Or Walnuts)	1	0.00		Cheese		
Olive Oil, Extra Virgin	1	0.00		Cheddar, Shredded - 2 Cups	1	2.50
Onion Powder	1	0.00		Feta - 4oz.	1	2.25
Oregano	1	0.00				
Pepper, Black	1	0.00		Meat		
Pepper, Freshly Ground	1	0.00		Chicken Breasts, Boneless	1	6.00
Red Wine Vinegar	1	0.00		Ground Beef - 1 Lb.	5	2.50
Salt	1	0.00				
Soy Sauce	1	0.00		Freezer Items		
Sugar	1	0.00		Cooked Chicken - Fr. Freezer	1	0.00
Vanilla Extract	1	0.00		Leftover London Broil	1	0.00
Vegetable Oil (pref Light Oil)	1	0.00				
Worcestershire Sauce	1	0.00		Pasta / Rice		
				Egg Noodles 16 Oz.	1	1.50
Fruit				Orecchiette Pasta (or Med. She	1	2.50
Apples, Red (1)	1	0.99		Yellow Rice, Lg. Pkg.	1	2.50
Bananas (1)	5	0.39				
Kiwi	1	0.50		Dairy/spreads		
Oranges (each)	1	0.89		Guacamole	1	2.50
				Pie Pastry Sheets	1	2.00
Produce				Sour Cream-16 Oz.	1	1.99
Asparagus 1lb	2	1.99				
Cucumbers	2	1.00		Bread		
Fresh Basil	2	2.00		Italian Bread	1	2.50
Green Bell Pepper	6	0.85				
Green Onions	1	2.00		Fish		
Leaf Lettuce	1	2.00		Tilapia - 2 Lbs.	1	6.00
Lettuce, Variety Pack	1	4.00				
Mushrooms, Whole (4 Oz.)	2	1.59		Frozen Dessert		
Onion (1)	3	0.50		Vanilla Ice Cream 1/2 Gal.	1	4.00
Orange Bell Pepper	1	1.50				
Oregano-Fresh	1	1.99		Crackers		
Parsley-Fresh	1	1.50		Vanilla Wafers	1	2.00
Red Bell Pepper	3	2.50				
Red Onion	1	1.00		Total:		\$115.80
Scallions	1	2.00				
Tarragon-Fresh	1	1.99				
Tomatoes, Ripe	3	1.00				
Yellow Bell Pepper	2	3.00				
Baking Prod						
Banana Pudding, 1 Oz.	1	0.99				
Canned Vegeta						
Black Olives	1	1.50				
Canned Corn 14.5 Oz	1	0.50				