

Menus4Moms Shopping List for 11/30/09
Created by
Shopping List: 11/24/2009

			Chicken Broth	2	0.88
Pantry Items					
Adobo	1	0.00	Cr. of Celery	1	1.00
Baking Powder	1	0.00	Cr. Of Chicken	2	1.00
Balsamic Vinegar	1	0.00	Cr. Of Mushroom	1	1.00
Brown Sugar	1	0.00			
Cilantro	1	0.00	Spices		
Cinnamon	1	0.00	Chili Seasoning	1	1.75
Corn Meal	1	0.00			
Croutons	1	0.00	Freezer Items		
Cumin	1	0.00	Cooked Chicken - Fr. Freezer	1	0.00
Flour	1	0.00	Sauteed Onion (from Freezer)	1	0.00
Honey	1	0.00			
Non-Stick Cooking Spray	1	0.00	Condiments		
Olive Oil	1	0.00	Dry Onion Soup Mix	1	2.00
Pepper, Black	1	0.00	Ranch Dressing Mix	1	1.00
Rice, your preference	1	0.00			
Salt	1	0.00	Pasta / Rice		
Soy Sauce	1	0.00	Elbow Macaroni 8 oz.	2	1.25
Sugar	1	0.00	Lasagna noodles	1	1.50
Vanilla Extract	1	0.00			
Vegetable Oil (pref. light oli	1	0.00	Ethnic Food		
			Enchilada Sauce (red)	1	1.50
Produce			Whole Wheat Tortillas - 12 ct.	1	2.00
Baby spinach (bag)	1	2.99			
Carrots-Baby	1	2.50	Frozen Vegeta		
Cherry Tomatoes	1	2.00	Green Beans	1	2.50
Green Bell Pepper	2	0.85	Peas	1	1.50
Leaf Lettuce	1	2.00			
Onions - Bag	1	2.00	Meat		
Red Bell Pepper	1	2.50	Ground Beef - 1 lb.	5	2.50
Red Onion	1	1.00			
Sweet Potatoes	1	4.00	Bread		
Tomatoes, Ripe	1	1.00	Italian Bread	1	2.50
Refrig. Items			Dairy/spreads		
Bacon or bacon bits	1	0.00	Pie Pastry Sheets	1	2.00
Butter	1	0.00	Sour Cream-16 oz.	1	1.99
Eggs	1	0.00			
Garlic Cloves	1	0.00	Fish		
Leftover Turkey	1	0.00	Salmon - 4 -6 oz. fillets	1	10.00
Milk	1	0.00			
Salad Dressing	1	0.00	Nuts		
			Sliced Almonds-sm. bag	1	2.00
Fruit					
Bag of Granny Smith apples	1	3.00	Sauces		
			Spaghetti Sauce - 32 oz.	1	3.50
Beans					
Black Beans- dried	1	1.50	Frozen Dessert		
Kidney Beans - 15 oz. Can	1	1.25	Vanilla Ice Cream 1/2 gal.	1	4.00
Canned Vegeta			Total:		\$99.43
Canned Corn 14.5 oz	1	0.75			
Crushed Tomatoes 28 oz.	1	0.99			
Cheese					
Cheddar, Shredded - 2 cups	1	2.50			
Mexican Blend - 2 cups	2	2.00			
Mozzarella - Shredded 8 oz.	1	2.00			
Ricotta - 8 oz.	1	1.25			
Soup					