

Menus4Moms Shopping List for 12/21/09

Created by

Shopping List: 12/15/2009

Pantry Items					
Adobo	1	0.00	Freezer Items		
Baking Powder	1	0.00	Cooked Chicken - Fr. Freezer	1	0.00
Basil	1	0.00			
Corn Meal	1	0.00	Bread		
Croutons	1	0.00	Hoagie Rolls	2	2.00
Flour	1	0.00			
Garlic Powder	1	0.00	Ethnic Food		
Lemon Pepper	1	0.00	Kikkoman Stir-fry sauce	1	2.00
Liquid smoke	1	0.00			
Olive Oil	1	0.00	Snacks		
Pepper, Black	1	0.00	Potato Chips	1	3.00
Salt	1	0.00			
Sugar	1	0.00	Deli		
Vegetable Oil (pref. light oli	1	0.00	Provolone cheese	1	3.00
			Thin Sliced Beef	1	6.99
Meat					
Bacon	1	2.50	Condiments		
Ham, diced 2 cups	1	3.00	Sandwich Peppers	1	2.50
Beans			Total:		\$59.78
Bag of Pinto Beans - Dry	1	1.50			
Frozen Vegeta					
Breaded Okra	2	2.00			
Stir-Fry vegetables	1	2.00			
Refrig. Items					
Butter	1	0.00			
Condiments For Sandwiches	1	0.00			
Eggs	1	0.00			
Garlic Cloves	1	0.00			
Lemon Juice	1	0.00			
Milk	1	0.00			
Salad Dressing	1	0.00			
Pasta / Rice					
Calrose Rice	1	3.89			
Linguine	1	1.50			
Canned Vegeta					
Canned Corn 14.5 oz	1	0.75			
Produce					
Carrots-Baby	1	2.50			
Green Onions	1	2.00			
Leaf Lettuce	1	2.00			
Onion (1)	1	0.40			
Red Onion	1	1.00			
Tomatoes, Ripe	2	1.00			
Cheese					
Cheddar, Shredded - 2 cups	1	2.50			
Parmesan Cheese - 8 oz (bag)	1	1.99			
Soup					
Chicken Broth	2	0.88			
Fruit					
Clementines or Oranges	1	3.00			