

Shopping List: 7/28/2005

	<b>Bread</b>				
	WW Bread	1	2.00	Egg Noodles	1 1.50
	<b>Cereal</b>			<b>Produce</b>	
	Quick grits	1	2.00	Cauliflower - 2 heads	1 3.00
				Carrots	1 1.60
	<b>Cheese</b>			Celery	1 0.89
	Shredded Cheddar Cheese - 2 cu	1	2.50	Mushrooms	1 1.59
	American cheese slices	1	2.50	Green Onions	1 2.00
	<b>Dairy/spreads</b>			<b>Snacks</b>	
	Pimiento cheese	1	2.00	Potato chips	1 3.00
	Cream Cheese 8 oz	1	2.00		
	Cream cheese, 3 oz.	1	1.00	<b>Soup</b>	
	Sour Cream - 16 oz.	1	2.00	Beef Broth	1 0.89
				Chicken Broth	2 0.88
	<b>Ethnic Food</b>				
	Kikkoman Stir-fry sauce	1	2.00	<b>Total:</b>	<b>\$53.05</b>
	<b>Frozen Vegeta</b>				
	Broccoli Cuts 16 Oz	1	1.32		
	14 oz. Stir fry vegetables	1	2.00		
	<b>Fruit</b>				
	blueberries - pint	1	2.50		
	<b>Meat</b>				
	Beef Roast - 3-4 lbs.	1	7.50		
	bacon	1	2.50		
	Boneless chicken - 1 lb.	1	3.00		
	<b>Pantry Items</b>				
	Milk	1	0.00		
	Olive Oil	1	0.00		
	Wheat berries	1	0.00		
	Lemon Juice	1	0.00		
	Salt	1	0.00		
	Sauted Onion (from freezer)	1	0.00		
	Vanilla Extract	1	0.00		
	Pepper	1	0.00		
	Rice (preferably Calrose)	1	0.00		
	Rolled oats	1	0.00		
	Brown rice	1	0.00		
	Butter	1	0.00		
	Buttermilk	1	0.00		
	Parmesan Cheese	1	0.00		
	Adobo	1	0.00		
	Baking Powder	1	0.00		
	Baking Soda	1	0.00		
	Flour	1	0.00		
	Frozen baked potatoes	1	0.00		
	Honey	1	0.00		
	Eggs	3	0.00		
	Garlic salt	1	0.00		
	<b>Pasta / Rice</b>				