

**Shopping List: 8/18/2005**

<b>Canned Fruit</b>			Honey	1	0.00
Pineapple chunks	1	2.00	Nuts (pecans or walnuts)	1	0.00
<b>Canned Vegeta</b>			Salt	1	0.00
Black Olives	2	2.00	Rice, your preference	1	0.00
Canned Corn	1	0.90	Self-rising Flour	1	0.00
Roasted Red Peppers (jar) - 7	1	2.00	Buttermilk	1	0.00
Green olives, pimiento-stuffed	1	2.00	Sour cream	1	0.00
Artichokes, marinated	1	1.25	Peppers & onions (from freezer)	1	0.00
<b>Cheese</b>			Sugar	1	0.00
Mexican Blend - 2 cups	1	2.00	Garlic powder	1	0.00
<b>Condiments</b>			Mayonnaise	1	0.00
Pepperoncini peppers - 3/4 cup	1	2.00	Red Wine Vinegar	1	0.00
Ranch Dressing	1	1.99	Dill	1	0.00
Italian dressing - 8 oz.	1	1.75	Cheddar cheese, grated	1	0.00
ranch dressing mix	1	2.00	Parmesan Cheese	1	0.00
<b>Dairy/spreads</b>			Dill pickle spears	1	0.00
Vanilla yogurt - 32 oz.	1	3.00	Oregano	1	0.00
Plain yogurt - 8 oz.	1	0.50	Garlic cloves	1	0.00
<b>Deli</b>			Onion slices	1	0.00
Roast beef, thinly sliced - 1/	1	1.00	Black beans (from freezer)	1	0.00
Salami, thinly sliced - 1/4 lb	1	2.00	Lemon Juice	1	0.00
Pitas	1	2.50	Butter	1	0.00
Mozzarella cheese, sliced - 1/	1	2.00	Pepper	1	0.00
Pepperoni, thinly sliced - 1/8	1	1.00	olive oil spray	1	0.00
Proscuitto, thinly sliced - 1/	1	1.00	<b>Pasta / Rice</b>		
Thin Sliced Ham - 1/2 lb.	1	2.75	Med. shells (pref. ww) 1 lb.	1	1.50
Gorgonzola cheese 1/4 cup	1	1.50	<b>Produce</b>		
Provolone cheese, sliced - 1/2	1	3.00	Celery	1	0.89
Capacola, thinly sliced - 1/8	1	1.00	Tomato	2	1.00
<b>Ethnic Food</b>			yellow squash - 4	1	1.50
Salsa	1	2.00	Carrots-Baby	1	1.50
Whole Wheat tortillas	1	2.50	Red Bell Pepper	1	2.50
Green Chilis	1	1.00	Iceberg lettuce	1	1.50
Water chesnuts	1	0.90	onion (1)	1	0.40
<b>Frozen Vegeta</b>			Mushrooms, sliced	1	1.99
Baby/petite peas	1	2.00	Green Bell Pepper	1	0.79
<b>Fruit</b>			Green Onions	2	2.00
Peaches - 3	1	1.50	Broccoli Florets, bag	1	2.00
Strawberries Bskt	1	2.00	Sugar snap peas 6 oz.	2	2.00
Grapes	1	1.99	Salad mix	1	1.99
Bananas 1lb	1	0.59	<b>Total:</b>		
<b>Meat</b>			<b>\$93.68</b>		
bacon	1	2.50			
Hen -3-4 lbs.	1	2.00			
Country ham slices - 6	1	5.00			
<b>Pantry Items</b>					