

**Shopping List: 12/3/2005**

<b>Baking Prod</b>			Baking Powder	1	0.00
Whole grain pastry flour	1	2.00	Vegetable Oil (pref. light oli	1	0.00
<b>Beans</b>			Croutons	1	0.00
Kidney beans - can	2	1.25	Cinnamon	1	0.00
<b>Bread</b>			Dry Mustard	1	0.00
French Bread	1	2.49	Cumin	1	0.00
<b>Canned Vegeta</b>			cayenne pepper	1	0.00
Mushroom Pieces - 4 oz.	1	0.85	Chili Powder	1	0.00
Black Olives 1/3 cup	1	1.50	<b>Pasta / Rice</b>		
Diced tomatoes - 14.5 oz.	2	1.00	whole wh. elbow macaroni - 8 o	1	1.50
<b>Cheese</b>			Barley	1	1.50
Mozzarrella - 2 cups	1	1.50	<b>Produce</b>		
Shredded Cheddar Cheese - 2 cu	1	2.50	Tomatoes, ripe	5	1.00
Mexican Blend - 2 cups	1	2.00	avacados	2	0.90
<b>Ethnic Food</b>			Spinach - 1-1/4 lbs.	1	2.00
Green Chilis	1	1.00	Salad mix	1	1.99
Whole Wheat tortillas	1	2.50	Carrots	1	1.60
<b>Freezer Items</b>			Green Onions	1	2.00
Browned beef (from Freezer)	1	0.00	Asst. raw vegetables	1	4.00
Black beans (from freezer)	1	0.00	Green Bell Pepper	1	0.79
<b>Frozen Vegeta</b>			Baking Potatoes (indiv.)	6	0.80
Broccoli florets - 12 oz.	1	1.50	Onions - bag	1	2.00
<b>Meat</b>			Parsley	1	1.50
Chicken parts - 1lb.	1	3.50	Celery	1	0.89
Turkey bacon	1	2.50	Jalapenos	2	0.40
Turkey pepperoni	1	2.00	Carrots-Baby	1	1.50
Roundsteak - sliced 1" thick	1	6.00	<b>Refrig. Items</b>		
Hot Italian Sausage (or turkey	1	2.50	Butter	1	0.00
<b>Pantry Items</b>			Applesauce	1	0.00
Garlic powder	1	0.00	salsa	1	0.00
Flour	1	0.00	Lemon Juice	1	0.00
Thyme	1	0.00	Lettuce leaves	1	0.00
Oregano	1	0.00	Sour cream	1	0.00
Raisins	1	0.00	Soy sauce/tamari	1	0.00
Pepper	1	0.00	Salad Dressing	1	0.00
Nuts (pecans or walnuts)	1	0.00	Eggs	1	0.00
Honey	1	0.00	Garlic cloves	1	0.00
Salt	1	0.00	<b>Sauces</b>		
nutmeg	1	0.00	Spaghetti Sauce - 28 oz.	1	1.25
Bread Machine ingredients	1	0.00	<b>Soup</b>		
Basil	1	0.00	Chicken Broth	4	0.88
Brown Sugar	1	0.00	Beef Broth	1	0.89
Brown rice	1	0.00	<b>Total:</b>		
Worcestershire Sauce	1	0.00	<b>\$78.17</b>		
Adobo	1	0.00			
Baking Soda	1	0.00			