Shopping List: 12/22/2005

Bread		
Bread of your choice	1	2.00
Canned Vegeta		
Glory Collard Greens	1	2.00
Black beans	1	1.00
Canned Corn	2	0.90
Succotash	2	1.00
Rotel	2	1.50
Cheese		
Cheddar block	1	2.50
Shredded Cheddar Cheese - 2 cu	1	2.50
Cheddar, sharp - 4 cups	1	4.00
Feta - 4oz.	1	2.50
Ethnic Food		
Teriyaki sauce	1	1.50
Freezer Items		
Browned beef (from Freezer)	3	0.00
Frozen Vegeta		
Asparagus	1	2.50
Okra - 10 oz., not breaded	1	2.00
Fruit		
Grapes	1	1.99
Raisins	1	2.00
Cantaloupe	1	2.00
Apples	1	3.00
Meat		
Boneless chicken breasts - 6	1	6.00
bacon	3	2.50
Flank Steak - 1-1/2 lb.	1	5.00
Pantry Items		
Parsley	1	0.00
Pepper	1	0.00
Red Wine Vinegar	1	0.00
Garlic powder	1	0.00
Olive Oil	1	0.00
Salt	1	0.00
Self-rising Flour	1	0.00
cayenne pepper	1	0.00
Chili Powder	1	0.00
Coursely ground salt and peppe	1	0.00
Adobo	1	0.00
Worcestershire Sauce	1	0.00
toothpicks	1	0.00
Cumin	1	0.00
Dehydrated onion	1	0.00
Dry Mustard	1	0.00
Croutons	1	0.00

Pasta / Rice		
Spiral pasta (WW)	1	1.50
Spaghetti- 16 oz.	1	1.00
Produce		
sunflower seeds	1	2.50
Baking potatoes - 5 lb. bag	2	3.00
Carrots	1	1.60
Salad mix	3	1.99
Refrig. Items		
Sour cream	1	0.00
Chopped fresh onion	1	0.00
Buttermilk	1	0.00
Butter	1	0.00
Garlic cloves	1	0.00
Salad Dressing	1	0.00
Milk	1	0.00
Hot sauce	1	0.00
Sauces		
tomatoes - diced 14.5	2	1.50
Tomato Sauce 8 Oz	1	0.30
Soup		
Beef Broth	3	0.89
Total:		**$81.33**