

Shopping List – Week #3

Produce

- _____ Bananas (1 breakfast, 1 snack)
- _____ Oranges (1 lunch)
- _____ Onion (1/2 c. chopped, ½ onion)
- _____ Shredded lettuce (1 lunch)

Grocery Items

- _____ Assorted Cereals (2 breakfasts)
- _____ Honey Nut Cheerios (1 cup)
- _____ Old Fashioned Oatmeal (4-½ c)
- _____ Jell-O (3 large boxes of assorted flavors)
- _____ Unflavored gelatin (3 envelopes)
- _____ Instant mashed potato (1 lunch)
- _____ Macaroni & Cheese (1 box)
- _____ Elbow macaroni (2 cups)
- _____ Tortillas (1 breakfast, 1 lunch)
- _____ Vanilla wafers (1 snack)

Condiments

- _____ Peanut Butter (1 breakfast/1 snack)
- _____ Syrup (1 breakfast)
- _____ Ketchup (1/2 c)
- _____ Salsa (1 lunch)
- _____ Sour cream (1 lunch)

Cans & Jars

- _____ Mixed Fruit (1 breakfast/1 lunch)
- _____ Peaches (1 lunch)
- _____ Applesauce (1 breakfast/1 lunch)
- _____ Pineapple chunks (1 snack/1 lunch)
- _____ Peas (1 lunch)
- _____ Corn (1 lunch)
- _____ Carrots (1 lunch)
- _____ Cheese dip (1 snack)

Refrigerated Items

- _____ Milk (Served several times)
- _____ Cinnamon rolls (1 breakfast)
- _____ Eggs (9)
- _____ Butter (1 T, 3 T, ½ cup)
- _____ Cheese (1 snack/1 lunch)
- _____ Shredded Cheese (12 ounces, 1 lunch)
- _____ String Cheese (1 snack)

Baking Items

- _____ Splenda (½ cup)
- _____ Brown sugar Splenda (½ cup)
- _____ Granulated sugar (1-½ cups, 3 tablespoons)
- _____ Brown sugar (4 tablespoons)
- _____ Gold Medal Flour (2-¾ cup)
- _____ Baking Soda (1 teaspoon)
- _____ Cornstarch (1 tablespoon)
- _____ Shortening (½ cup)
- _____ Olive oil (3 tablespoons)
- _____ Lime juice (2 tablespoons)
- _____ Maple flavoring (1 tablespoon)
- _____ Raisins (1 cup)

Spices & Seasonings

- _____ Salt (1-½ teaspoons)
- _____ Pepper (1/8 teaspoon)
- _____ Ground sage (½ teaspoon)
- _____ Ground mustard (2 teaspoons)
- _____ Ground cumin (½ teaspoon)
- _____ Garlic powder (¼ teaspoon)
- _____ Onion powder (½ teaspoon)
- _____ Chili powder (1 teaspoon)
- _____ Kosher salt (1 teaspoon)
- _____ Cream of tartar (2 teaspoons)
- _____ Vanilla (1-½ teaspoons)
- _____ Cinnamon (½ teaspoon, 1 tablespoon)
- _____ Cinnamon & Sugar (½ cup sugar + 1 t cinnamon)

Meat Department

- _____ Ground beef (1-½ pounds)
- _____ Pre-cooked Ham (1 lunch)
- _____ Chicken Breasts (1 lunch)
- _____ Beef franks (1 lunch, 1 optional lunch)

Frozen Foods

- _____ Orange Juice (1 breakfast)
- _____ Apple Juice (1 breakfast, 3 snacks, 4 cups)
- _____ Tator tots (1 lunch)
- _____ Potato wedges (1 snack)

Bakery

- _____ Bread (1 snack)
- _____ Thick sliced bread (1 breakfast)
- _____ Raisin Bread (1 snack)