

Shopping List – Week #4

Produce

- _____ Apples (1 breakfast, 1 lunch)
- _____ Bananas (1 breakfast)
- _____ Oranges (1 snack)
- _____ Grapes (1 lunch, 1 snack)
- _____ Onion (½ c. chopped)
- _____ Baby carrots (1 lunch)
- _____ Lettuce (1 lunch)

Grocery Items

- _____ Assorted Cereals (2 breakfasts)
- _____ Golden Grahams (8 cups)
- _____ Instant Oatmeal (1 breakfast)
- _____ Old Fashioned Oatmeal (4 cups)
- _____ Instant mashed potato (1 lunch)
- _____ Tortillas (1 lunch, 1 snack)
- _____ Club Crackers (1 snack)
- _____ Animal Crackers (1 snack)
- _____ Cream of chicken soup (1 can)
- _____ Cream of potato soup (1 can)
- _____ Tostito Scoops (1 bag)
- _____ Pizza Sauce (1 bottle or can)

Condiments

- _____ Ketchup (½ cup)
- _____ Salsa (½ cup)
- _____ Miracle Whip (½ cup)
- _____ Picante Sauce (1-1/3 cup)

Cans & Jars

- _____ Peaches (1 lunch)
- _____ Applesauce (1 lunch)
- _____ Green Beans (1 lunch)
- _____ Corn (1 lunch)

Refrigerated Items

- _____ Milk (Served several times)
- _____ Butter (1 lunch, ½ cup, 5 T)
- _____ Cheese (1 snack)
- _____ Shredded Cheddar Cheese (2 cups)
- _____ Shredded Monterey Jack Cheese (16 oz)
- _____ Breadsticks (1 snack)
- _____ Biscuits (1 lunch, 1 snack)
- _____ Pie Crusts (2-9")

Refrigerated Items (cont'd)

- _____ Guacamole (½ cup, if desired)
- _____ Sour Cream (½ cup, if desired)

Baking Items

- _____ Splenda (½ cup)
- _____ Brown sugar Splenda (½ cup)
- _____ Maple flavoring (1 tablespoon)
- _____ Vanilla (1 teaspoon)
- _____ Chocolate Chips (1-½ cups)
- _____ Corn Syrup (¼ cup)
- _____ Miniature marshmallows (6 cups)

Spices & Seasonings

- _____ Salt (1-½ teaspoons)
- _____ Pepper (¼ teaspoon)
- _____ Ground cumin (1-½ teaspoon)
- _____ Italian oregano (1 teaspoon)
- _____ Taco Seasoning (1 packet or ¼ cup)
- _____ Cinnamon (½ teaspoon)

Meat Department

- _____ Ground beef (1 pound)
- _____ Diced Chicken (2 cups)
- _____ Chicken Breasts (5)
- _____ Pepperoni (1 lunch)
- _____ Deli Ham (1 lunch)
- _____ Deli Turkey (1 lunch)

Frozen Foods

- _____ Orange Juice (1 breakfast)
- _____ Apple Juice (1 breakfast, 4 snacks)
- _____ Grape Juice (1 breakfast, 1 snack)
- _____ Mixed Veggies (16 oz)
- _____ Jenni-O Turkey Roast (1 lunch)

Bakery

- _____ Bread (1 breakfast)
- _____ Donut Holes (1 breakfast)