

Shopping List – Week #5

Produce

- _____ Apples (1 lunch)
- _____ Bananas (1)
- _____ Strawberries (1 breakfast, 1 snack)
- _____ Strawberries or Raspberries (1 recipe)
- _____ Assorted fruits (1 breakfast, fruit kabobs)
- _____ Celery (1 stalk)
- _____ Onion (2 T)
- _____ Carrots (1 cup, sliced)

Grocery Items

- _____ Assorted Cereals (2 breakfasts)
- _____ Crispy rice cereal (12 oz.)
- _____ Old Fashioned Oatmeal (4 cups)
- _____ Cereal bars (1 snack)
- _____ Club Crackers (1 snack)
- _____ Ritz Crackers (1 snack)
- _____ Graham Crackers (1 snack)
- _____ Teddy Grahams (1 snack)
- _____ Elbow Macaroni (4 cups)
- _____ Spaghetti Noodles or Elbow Macaroni (1 lunch)
- _____ Egg Noodles (2 cups)
- _____ Spaghetti Sauce (1 jar)
- _____ Chicken Bouillon (4 cubes)

Condiments

- _____ Yellow mustard (s squirt)
- _____ Miracle Whip (2 cups)
- _____ Peanut Butter (1 cup, 1 snack)

Cans & Jars

- _____ Peaches (1 lunch)
- _____ Pears (1 breakfast, 1 lunch)
- _____ Mixed Fruit (1 lunch)
- _____ Green Beans (1 lunch)
- _____ Corn (1 lunch)
- _____ Carrots (1 lunch)
- _____ Peas (1 recipe)

Refrigerated Items

- _____ Milk (Served several times)
- _____ Butter (sandwiches, 2 sticks)
- _____ Cheese, cubed (kabobs, 12 oz.)
- _____ Cheese, sliced (sandwiches)

Refrigerated Items (cont'd)

- _____ Cheese, shredded (1 cup)
- _____ Parmesan Cheese (2 recipes)
- _____ Eggs (8)
- _____ Yogurt (1 breakfast, 1 snack)
- _____ Crescent rolls (1 recipe)

Baking Items

- _____ Splenda (½ cup)
- _____ Brown sugar Splenda (½ cup)
- _____ Maple flavoring (1 tablespoon)
- _____ Flour (2 cups)
- _____ Sugar (1-1/3 cups, 2 T)
- _____ Powdered sugar (3 cups)
- _____ Baking powder (2-½ teaspoons)
- _____ Chocolate chips (12 ounces)

Spices & Seasonings

- _____ Salt (1¼ teaspoons)
- _____ Pepper (¾ teaspoon)
- _____ Cayenne pepper (dash)
- _____ Basil (¾ teaspoon)
- _____ Oregano (½ teaspoon)
- _____ Cinnamon (½ teaspoon)
- _____ Orange peel (1 teaspoon)
- _____ Lemon peel (1-½ teaspoons)
- _____ Maple flavoring (1 tablespoon)

Meat Department

- _____ Chicken (2 cups cubed, 1 pound)
- _____ Ham (16 ounces)
- _____ Sausage links (12 ounces)

Frozen Foods

- _____ Orange Juice (1 snack)
- _____ Apple Juice (3 breakfasts, 2 snacks)
- _____ Blueberries (10 ounces)
- _____ Soft Pretzels (1 snack)
- _____ Waffles (1 breakfast)
- _____ Hashbrowns (2 cups)
- _____ French fries (1 lunch)
- _____ Meatballs (1 lunch)

Bakery

- _____ Bread (1 lunch)
- _____ Croissant rolls (1 roll)