



Shopping List

Fruits

Juice of 1 lemon
2 c cherry tomatoes

Vegetables

$\frac{1}{2}$ c celery
3 garlic cloves
2 heads of Romaine lettuce

Cheese

$\frac{1}{3}$ c Parmesan cheese

Meat/Fish

3 lbs salmon fillets
 $\frac{1}{4}$ lb bacon

Bread/Cereal

6 c Rice Crispies

Condiments/Dressings

$\frac{1}{2}$ T Worcestershire sauce
1 c croutons
 $\frac{2}{3}$ c slivered almonds

Baking

$\frac{1}{4}$ c vegetable oil
1 bag of little marshmallows
Sprinkles

Spices

$\frac{1}{2}$ t garlic powder

Pasta/Rice

$\frac{1}{4}$ c soy sauce
2 c rice

Canned Foods

2 c chicken broth

Frozen

Beverages

Dairy

1 c butter

Household

Paper/Wraps

Other



