



# Shopping List

## Fruits

Lemon

## Vegetables

1 c spinach  
1/2 c sun dried tomatoes  
5 c broccoli  
4 cloves garlic, minced

## Cheese

1 c Parmesan cheese

## Meat/Fish

1 1/2 lb bonless skinless  
chicken breasts, thinly  
sliced

## Bread/Cereal

3/4 c old-fashioned oats

## Condiments/Dressings

## Baking

Yellow Cake mix  
1 t vanilla  
1/4 t salt  
2 c sugar  
5 T olive oil

## Spices

2 T cinnamon  
1/4 t nutmeg  
1 t garlic powder  
1 t Italian seasoning

## Pasta/Rice

Pasta of choice

## Canned Foods

1/2 c chicken broth

## Frozen

Ice cream or whipped  
cream for dessert

## Beverages

## Dairy

2 eggs  
1 c butter  
1 c heavy cream  
Whipped Cream

## Household

## Paper/Wraps

## Other



