



Shopping List

Fruits

Vegetables

1 small onion
4-5 c kale, chopped
3-4 potatoes

Cheese

Parmesan cheese
24 oz cream cheese

Meat/Fish

1 lb mild Italian sausage
½ pkg bacon

Bread/Cereal

Condiments/Dressings

Baking

1 c sugar
1 T yeast
3 ½ c flour
1 t vanilla
16 oz cookie dough (ready-made or homemade)

Spices

Red pepper flakes
Salt and pepper
Minced garlic

Pasta/Rice

Canned Foods

3 (14 oz cans) chicken broth

Frozen

Beverages

Dairy

2 c whipping cream
¼ c butter
2 eggs

Household

Paper/Wraps

Other

1 pkg Oreos
6 oz. Whoppers



