



Shopping List

Fruits

1/2 t lemon peel
2 T lemon juice

Vegetables

1/4 c onion
12 large potatoes OR
32 oz frozen shredded potatoes
1/3 c green onions

Cheese

1 c shredded cheese

Meat/Fish

1 1/2 pounds chicken
breast/tenders

Bread/Cereal

2 c Corn Flakes

Condiments/Dressings

Baking

1/4 c oil
1 1/2 c sugar
1/4 c cocoa
1 1/2 sq. baking chocolate

Spices

1/4 c soy sauce
1 t ginger

Pasta/Rice

Canned Foods

2 cans Cream of Chicken
1 (13 oz) Evaporated Milk

Frozen

32 oz frozen shredded potatoes
OR 12 large potatoes
Mint Chocolate Chip
Ice Cream
Whipped Cream

Beverages

Dairy

2 c sour cream
1 1/2 c butter

Household

Paper/Wraps

Other

10-12 Oreo Cookies OR
premade pie crust



