



Shopping List

Fruits

2 ripe avocados
2 large tomatoes
2 pomegranates
5 T lemon juice

Vegetables

1 onion

Cheese

1 (8oz) pkg cream cheese
1 c Parmesan cheese

Meat/Fish

3-4 lbs pre-cooked meatballs

Bread/Cereal

Condiments/Dressings

1 (12 oz) jar Heinz chili sauce
1/2 c mayonnaise

Baking

1/2 t salt
1/3 c brown sugar

Spices

1/2 t garlic salt
1 t Accent
1/4 t cayenne (optional)
1/2 t garlic powder

Pasta/Rice

Canned Foods

1 (14 oz) can whole
cranberry sauce
2 (14 oz) cans of
artichoke hearts

Frozen

Beverages

Dairy

1/2 c sour cream

Household

Paper/Wraps

Other

1 bag Frito scoop chips
Crackers



